



# Balance chart



Every challenge needs proper planning. Set up a timetable with a precise start date. Be fully committed.

This chart should help you to get more balanced.

Identify one issue from the list that needs improvement	What are the specific triggers/situations that bring out my extreme behaviour?	What's my 30-day challenge?
1. School / Learning		
2. Wrongdoing / Sin		
3. Body image / Health		
4. Organisation / Hygiene		
5. Screen time		
6.		
7.		