

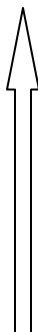


## CREATING LIFESTYLE BALANCE

**MONK**

**PEOPLE  
PLEASER**

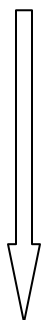
**WORKAHOLIC**



**IDENTITY**  
**WHO I AM**

**RELATIONSHIP**  
**WHO I RELATE TO**

**ACHIEVEMENT**  
**WHAT I DO**



**HIDING**

**ISOLATION**

**HOMELESS**