



## FEMININE AND MASCULINE ENERGY

# DRAW YOUR YING AND YANG

Your energy is made up of feminine and masculine, as I spoke about in the blog,  
when our energies are unaligned and off balance - we feel off.



TIP: Ask yourself, "is this a balanced Ying and Yang? or am I favouring one of my energies?"



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# DRAW YOUR YING AND YANG

Now you've looked at your current Ying and Yang, draw a more balanced energy divide, and label what you are going to add into your routine to help create this balance



TIP: Schedule in your new habits to create a balanced YIng and Yang