

# *School Of Spirit*

*Discovery Homework*  
*Module 7*

*Balance*



CARMEL JOY BAIRD

Spiritual Medium

# *Balance*

## **Balancing Life & Business**

This week your homework is to find the right structure for what you and your business needs to remain balanced and on the road to success

Purchase a new journal:

In this journal to write down your goals, track your progress, celebrate the victories, no matter how big or small

## **Scheduling**

Purchase a daytimer to plan out each day. Maybe you wake up early to plan out your day or write it in the night before.

Remember to schedule time to meditate or to do things that feed your spirit.

## **Revisit Your Vision Board**

Take a look at your vision board and reflect – have any of your goals changed? Can you see how you are now well on your way to achieving the lifestyle you envision?

## **Crystals**

Discover which crystals you may want to carry that will benefit you, your lifestyle and your business.