

# A CYCLICAL REVIEW

**LIFE QUAD-WELLNESS** — I am  open the possibilities  for my well-being:

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**LIFE QUAD-RELATIONSHIPS** — One thing I am  open to receive  within my relationships (and willing to give attention, time and energy to):

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**LIFE QUAD-BEING/DOING** — I am  noticing  the enoughness of my daily/weekly/monthly habits and creative practice in these ways:

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**LIFE QUAD-HOME** — I will be  open to the ease and comfort  I desire in my home spaces via the following micro-steps:

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