Vitelligence

My Soul Bank

Self-Reflection Is The Key To Effective Self-Management

Entering simple daily records in your Soul Bank enables you to get a clear picture of your habits and patterns that either serve you in the long run or do not.

No judgement, just facts that you can see in black and white so you can begin taking more deliberate actions to achieve work-life balance and gain more energy and vitality.

Investing as little as 3 to 5 minutes a day will ultimately help you bust through old habits that do not serve you and replace them with new conscious habits that serve you in all four areas:

Mental ♥ Emotional ♥ Physical ♥ Spiritual

© Vivienne Black – Vitelligence Tool