

KMack ® Worksheet

LIST your top VALUES

WRITE your current condition in each area

UPGRADE where you see an imbalance

Craft/Work/Life Expression:

Upgrade or Balance -

Environment:

Upgrade or Balance -

Relationships:

Upgrade or Balance -

Well-being:

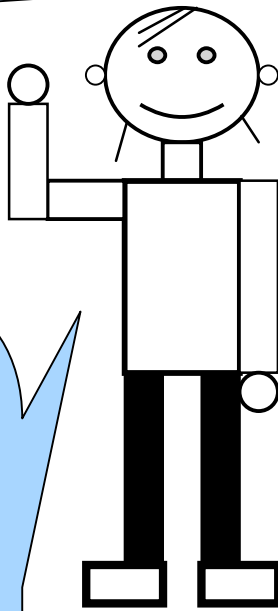
Upgrade or Balance -

Spirituality/community:

Upgrade or Balance -

Money/Resources:

Upgrade or Balance -



VALUES:
