

# ⚖️ Principles for Balancing Your Mind, Body, and Soul

1. Mindfulness
2. Regular Physical Activity
3. Healthy Nutrition
4. Quality Sleep
5. Stress Management
6. Personal Growth
7. Social Connections
8. Gratitude Practice
9. Spirituality or Faith
10. Boundaries and Self-Care
11. Seeking Help When Needed
12. Purpose and Passion

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