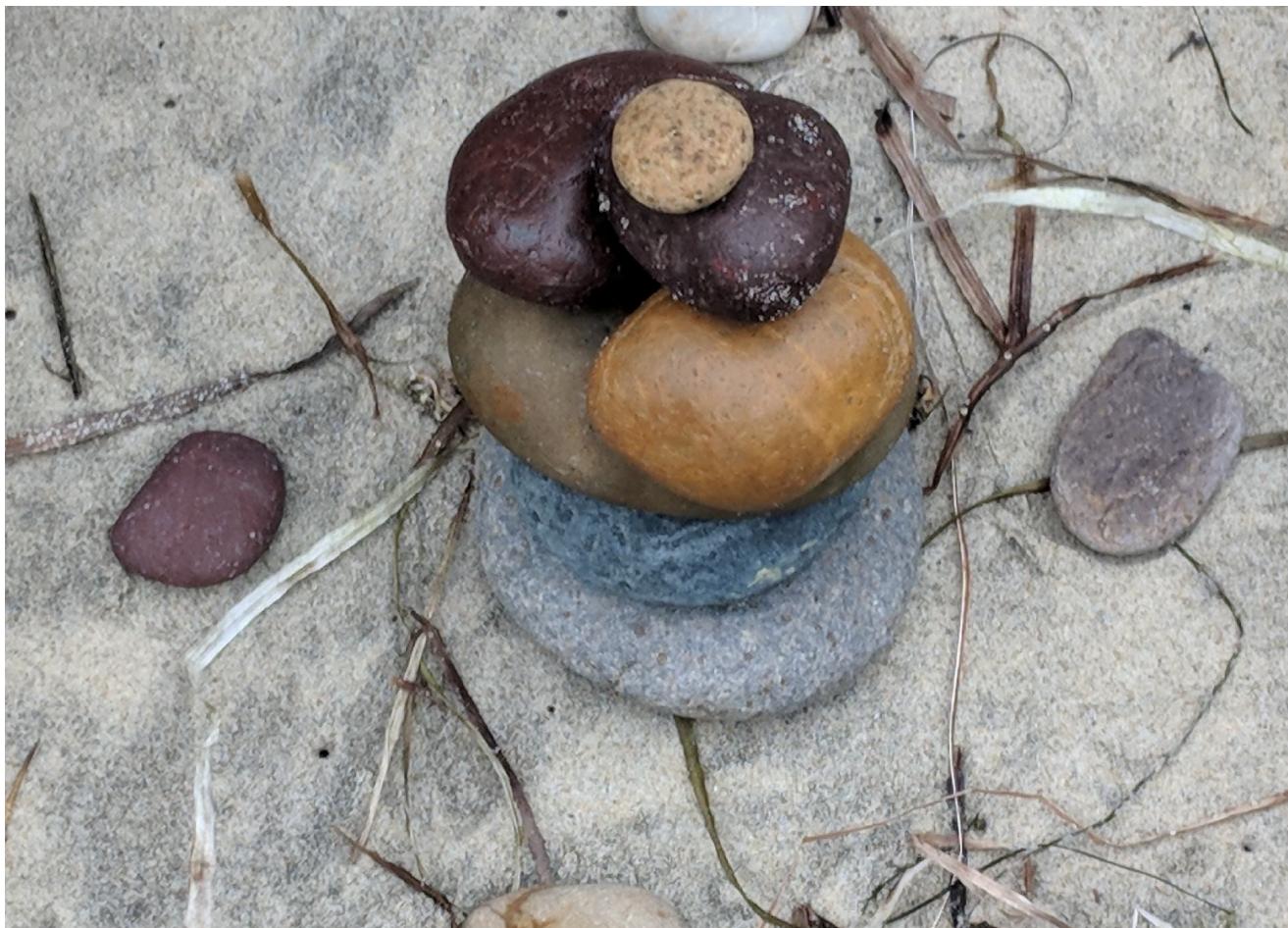


BUSY BEES

Balance and Peace



Do you struggle to know where to focus your attention or how to identify where you need more wellness and balance?

One tool that might help you find meaning and simplify what to focus on is The Peace Index*.

The peace index is simply how you view your current environment and the degree to which you are at peace with it.

There are 5 variables that makeup your peace index:

Fall - a time to reflect, return to routine, and establish balance.

Purpose – How fulfilled you are with the work you are doing and the company for which you do it.

People – Your co-workers and personal relationships and the degree to which they uplift or undermine you.

Place – Where you live and/or work and how life-giving it is to you.

Provision – Income or salary you are making and the degree it meets your needs.

Physical Health – Symptoms or ailments that affect your ability to do what you would like.

Take an inventory and score each area on a scale of 1-10. Lower scores tell you where there is room for improvement and change, ultimately bringing wellness and peace to your life.

At Honeybees Living, our expertise is a focus on Place and Physical Health. Let us know if we can help you find more peace or balance with either area.

Namaste!

*by GiANT Worldwide

**Remember to check out our
referral partners and other
resources which can be found
on our website:
www.honeybeesliving.com**



A mandala (Sanskrit for “circle”) is an artistic representation of higher thought and deeper meaning represented as a geometric symbol. Used in spiritual, emotional, or psychological work to focus one's attention. The purpose of centering in order to encourage an awareness of one's place and purpose in the world; this awareness then allows for peace of mind.