

{B}Zooming(+6)
Ease of motion in any
direction, infinite creation

ZOOM

{B}Flying (+5)
Overcoming the
limitations of the ground

{B}Running (+4)
Moving quickly where
you want to go

{B}Walking (+3)
Efficiently going where
you want to go

{B}Crawling (+2)
Moving forward slowly

{B}Birth (+1)
Getting started

{B}Doubting (-1)
Slowing down and
feeling sluggish

{B}Stumbling (-2)
Tripping and temporarily
losing balance

{B}Reeling (-3)
Lurching, staggering,
wobbling

{B}Falling (-4)
Dropping downward,
plummeting

{B}Damaging (-5)
Harming, spoiling,
injuring, hurt

DOOM

{B}Dooming (-6)
Absolute despair and
infinite destruction

MIND

- _____ ① Income
- _____ ② Financial Security
- _____ ③ Career
- _____ ④ Education
- _____ ⑤ Intellectual Stimulation
- _____ ⑥ Current Events
- _____ ⑦ Recognition by Others
- _____ ⑧ Track Record
- _____ ⑨ Communication
- _____ ⑩ Professional Development
- _____ ⑪ Strategic Direction
- _____ ⑫ Networking

BODY

- _____ ⑬ Weight
- _____ ⑭ Strength
- _____ ⑮ Grooming
- _____ ⑯ Aerobic Condition
- _____ ⑰ Endurance
- _____ ⑱ Nutrition
- _____ ⑲ Sleep
- _____ ⑳ Flexibility
- _____ ㉑ Exercise
- _____ ㉒ Hydration
- _____ ㉓ Diet
- _____ ㉔ Blood Pressure/Pulse

SPIRIT

- _____ ㉕ Spirituality
- _____ ㉖ Peace of Mind
- _____ ㉗ Primary Relationship
- _____ ㉘ Family
- _____ ㉙ Friends
- _____ ㉚ Connection
- _____ ㉛ Romance
- _____ ㉜ Partnership
- _____ ㉝ Pets
- _____ ㉞ Religious Beliefs
- _____ ㉟ Philanthropy
- _____ ㊱ Nature