

# Tetlow 10

Brainstorm 10 things that are uniquely essential for you to feel in balance. These are 'things you need' or habits, as well as attitudes. Make the list such that if you were to cultivate these areas, you would feel you were honoring yourself as the center of your life.

## Things I need

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Attitudes

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

As an example, I share the five habits and attitudes that I have identified to help me stay centered. I don't do these perfectly. They change over time. **My Tetlow 10:**

## Things-to-do

1. Early bedtime
2. Exercise or dance 3x/week
3. Time for pleasure
4. Community/connection
5. Regular mind body practice

## Attitudes

6. Gratitude: what's right
7. No need to rush
8. Do chosen task, watch for distractions
9. Ask for help
10. Open heart, communicate needs