RAISE YOUR FREQUENCY WITH JO ESTRADA

Daily Balance: Body • Soul • Spirit

A visual self-check inspired by the **Raise Your Frequency** radio show. Use this chart to observe which daily activities uplift or drain your overall well-being.

BODY Physical & Health	SOUL Mind & Emotions	SPIRIT Faith & Purpose
Positive • Healthy Eating _____ • Exercise _____ • Walking _____ • Hydration _____ • Rest _____	**Positive** • Mental Health Care _____ • Planning _____ • Learning _____ • Meditation _____ • Creative Time _____	**Positive** • Prayer _____ • Bible Study _____ • Service _____ • Love _____ • Gratitude
Negative • Fast Food _____ • Excess Sugar _____ • Overeating _____ • No Movement _____	**Negative** • Doom Scrolling _____ • Procrastination _____ • Negativity _____ • Chronic Stress _____	**Negative** • Worldliness _____ • Vanity _____ • Materialism _____ • Unforgiveness _____ • Hate _____

Balance Center

Balance is awareness. Growth begins by choosing more uplifting inputs than draining ones.

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