

YIN AND YANG IN BALANCE



Yin-Being

- Surrender
- Take in
- Imagine
- Meditate
- Nap
- Dream
- Breathe/Wander
- Notice/Observe
- Listen
- Personal Journal/Poetry
- Sit under a tree
- Visit your "fav" websites
- Movie with a friend
- Read for pleasure
- "Practice" Yoga
- Practice "Retail Therapy"
- Listen to music
- Paint for fun
- Savor delicious food
- Garden-cutting flowers

Yang-Doing

- Strive/Conquer
- Put out
- Decide
- Make to-do lists
- Weight Train
- Analyze/Plan
- Organize/clean
- Respond/Initiate
- Talk
- Write a report
- Complete a project
- Respond to e-mails
- Coordinate/attend an event
- Read for business
- "Do" Yoga
- Attend meetings
- Negotiate a project
- Pay bills/taxes
- Cook for a party
- Garden-yanking weeds

Extreme Yin!

Wallowing/Substance Abusing
Whining/Stuck/Depressed
Passive Victim
Passive Aggressive

Extreme Yang!
Endless lists/no time
Workaholic
Dominating/rigid
Controlling/Angry