



**Step 1:** Grab a highlighter and highlight from the list of many words, those that resonate most with you. Give yourself a maximum of 25 seconds to highlight them quickly.

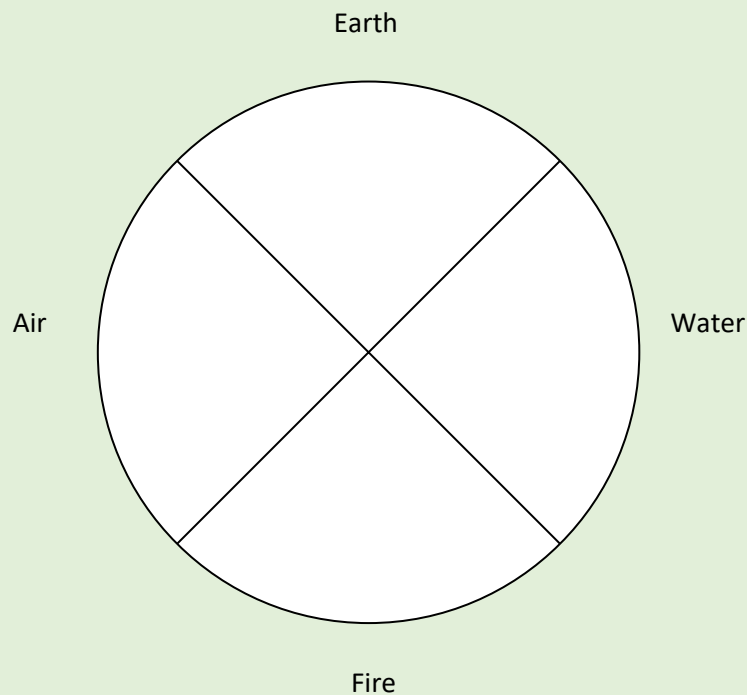
strength	grass	movement	clouds	quickly	computer	two
height	drift	shake	relax	heat	exhausted	driving
ball	entertainment	achieve	press	orange	light	notch
blue	typing	harmony	rush	lift	sport	tea
coffee	continuous	quiet	writing	blend	green	sex
ready	fun	food	activity	surf	climate	tree
football	moon	couch	book	horse	dance	success
happy	art	Long line	love	drink	knit	cars

These are your elements, by association.

**Step 2:** For each word you have highlighted, nominate the Element you think associates with the word. Place a dot for that word in the diagram. Go with your initial reaction to the word.

For example, 'I resonate with the word Moon, it relates to the \_\_\_ element'.

After placing a dot for each highlighted word, notice what elements seem to dominate.



**Step 3:** Consider your own Balance.

Reflect on the four quadrants and the activity that simply asks you to drive the association.

What do you reflect?

How could you bring more emphasis to those elements with less dots?

You don't need to necessarily integrate words from the many words bank into your life, to achieve a kind of energy movement. Consider application. ( Momentums, resistance, and flow in your life).

This will help you to think more broadly about elemental balance using the 4 elements above.

The state of energy we are in or the type of energy we invest in, is self-created. How we contribute to our life energy using the elements gives us insight. Let reflection and observation play a role. We can then determine new energy investment, with broader or adjust emphasis using the elements for increased balance.

*Art School & Holistic Arts*

*Professional Art Studio & Art Experiences*

[www.siennaartspace.com](http://www.siennaartspace.com)

DO NOT COPY