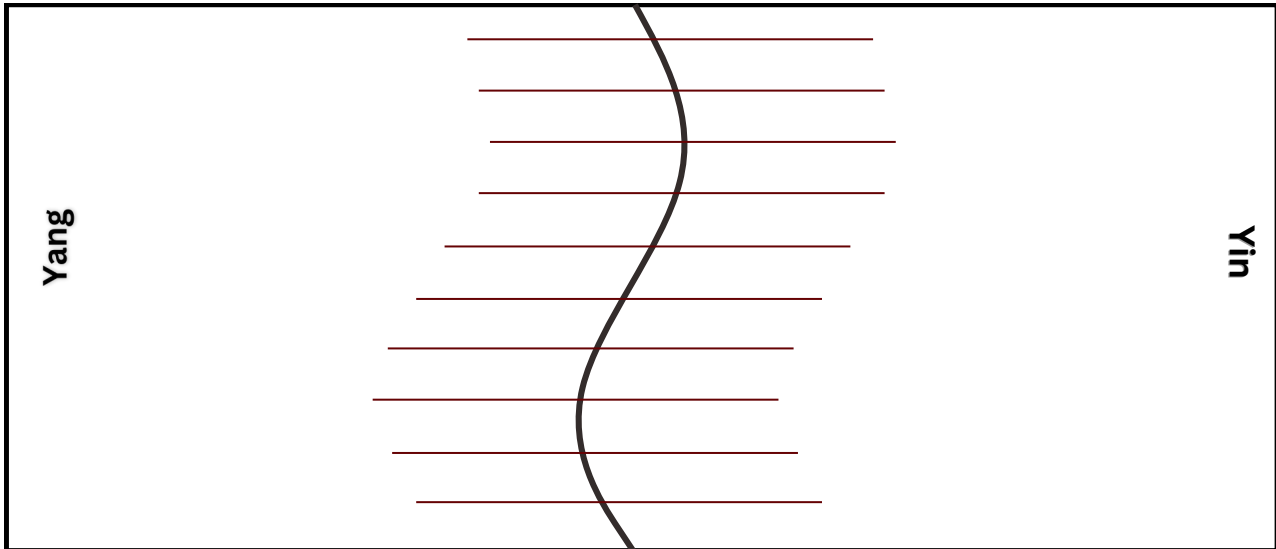




## Recognise

List 10 duality sets that are personally relevant to you. Place them in the chart below and associate each with either yin or yang.



## Scan

Examine each duality set above, highlight the side that you feel most represents your current status or is currently more prevalent in your life. What did you observe?

## Bridge

Select **one** specific duality that you'd like to focus on. Apply the principles of change you've acquired by addressing the questions at the bottom:

### Relative

Identify your preferences and inclinations. Record how the opposite side is expressed in your life.

### Mutually inclusive

How is the seed of the opposite present in each side of the dualities in your life? Provide examples.

### Transformative

In what conditions do the dualities shift to their opposite? How can you act out of choice rather than impulsively?