

More and less

In the plus (+) sign, fill in five strengths for the following areas: emotional, intellectual, spiritual, physical, and artistic. In the minus (-) sign, fill in areas of your life that you would like to improve.

A large plus sign (+) shape composed of four rectangular boxes. Each box contains five horizontal lines for writing. The boxes are arranged in a cross pattern: one at the top, one at the bottom, one on the left, and one on the right. Each box has small dots in its corners, likely for punch holes or alignment.

A single large rectangular box containing five horizontal lines for writing. It has small dots in the top-left and bottom-right corners.