**IN HARMONY WITH YOURSELF**

**ANSWER THE QUESTIONS (to be done in WRITING)**

1. Why is finding a sense of inner peace and balance important in today's fast-paced world?
2. How can self-awareness contribute to being in harmony with yourself?
3. Why is self-acceptance crucial for achieving inner harmony?
4. What role does setting personal boundaries and prioritizing self-care play in being in harmony with yourself?
5. How can aligning your actions with your values and beliefs contribute to a sense of purpose and fulfillment?
6. How can building healthy relationships and avoiding toxic ones contribute to being in harmony with yourself?
7. Why is investing in yourself and prioritizing your well-being important for achieving inner harmony?
8. How does being in harmony with yourself benefit other aspects of life?
9. What can individuals do to engage in self-reflection and cultivate self-awareness?