



## Life Balance Blueprint

**Heart's Desire (HD) For Life Balance:**

**Weekly Inspired Actions for Life Balance:**

- 1.
- 2.
- 3.
- 4.
- 5.

**Daily Balance Tools:**

Affirm/Visualize HD: AM \_\_\_ PM \_\_\_

Nutrition \_\_\_\_\_

Affirm/Visualize Intentions \_\_\_

Other \_\_\_\_\_

Journal: AM \_\_\_ PM \_\_\_

Other \_\_\_\_\_

T.M.P. Practice: Day \_\_\_ Bedtime \_\_\_

Other \_\_\_\_\_

Movement \_\_\_\_\_

Other \_\_\_\_\_

**Insights** (Breakdown's or Barriers to Balance? 3 P's or 3 T's?):

**Progress & "Wins" (at least 3):**