

*A More
Content You*

DISCOVER YOUR
BALANCED LIFE





About the Challenge

BEFORE WE BEGIN

Welcome to your journey toward a more harmonious and balanced life. This workbook is designed to guide you in assessing where you are right now, identifying areas of growth, and creating a vision for the life you truly desire.

Life is an ever-changing journey that demands our energy, time, and focus across various areas – work, relationships, health, personal growth, and more. When these areas are in balance, we feel a sense of peace, fulfillment, and resilience. However, when one or more areas are unbalanced, we can feel overwhelmed, stuck, or disconnected from our purpose.

Finding harmony in life is not about achieving perfection in every area at all times. It's about creating alignment and prioritising what matters most to you, so you can thrive holistically. By taking time to reflect, set intentions, and take meaningful actions, you'll gain greater clarity, make empowered decisions, and experience deeper satisfaction in your daily life.

This workbook uses the "Wheel of Life" framework, a powerful tool for self-discovery and transformation. Through structured prompts, exercises, and reflections, you will:

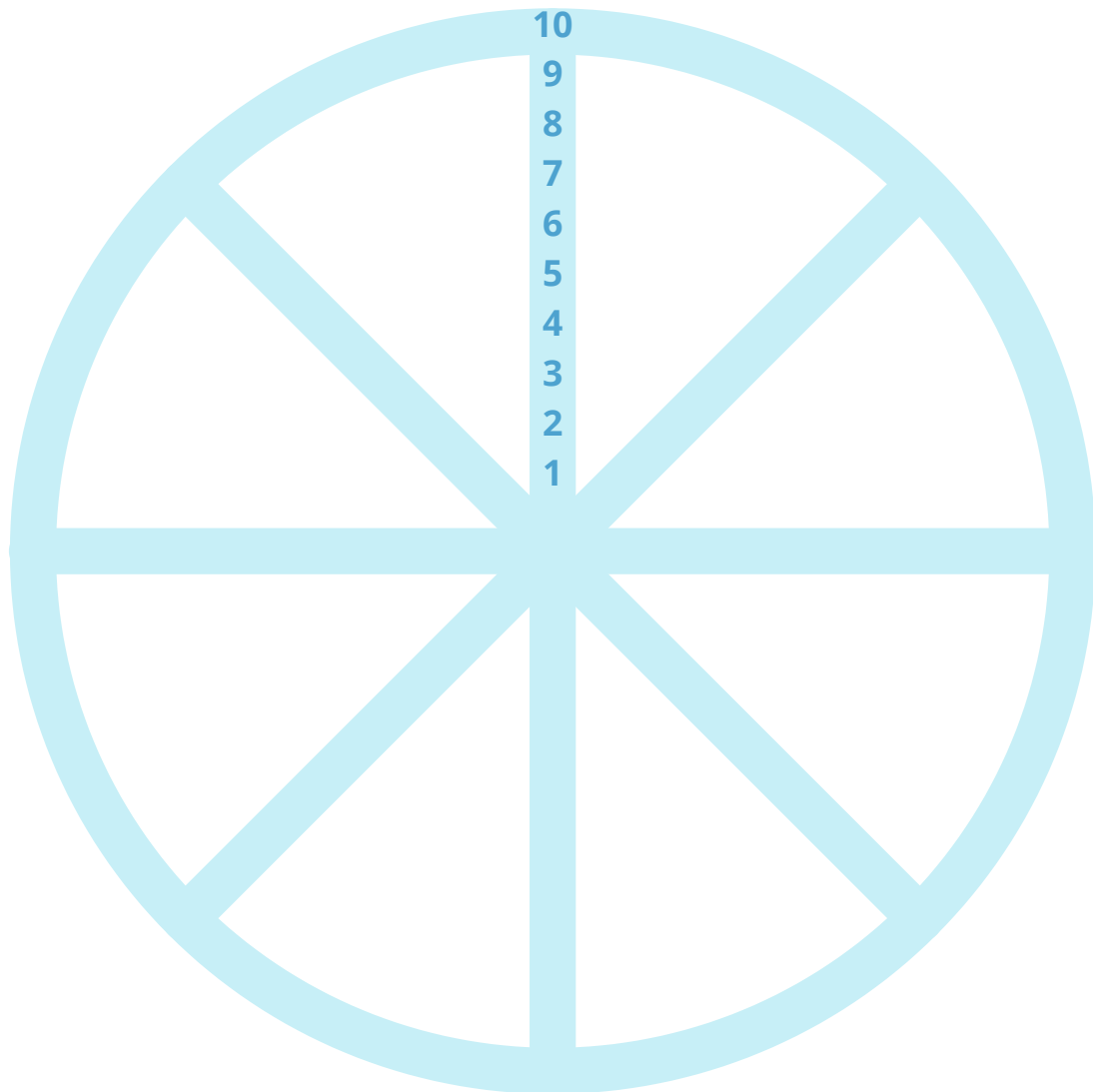
- Gain insight into the current state of your life's key areas.
- Identify where you feel most aligned and fulfilled.
- Highlight areas that may need more attention or care.
- Create actionable steps to restore harmony and balance.

Remember, this is your personal journey. Be honest with yourself as you work through the exercises. There are no right or wrong answers here—only an opportunity to connect with your inner wisdom and design a life that feels truly aligned with your values and aspirations.

By the end of this workbook, you'll not only have a clearer picture of your life as it is now but also a roadmap to help you move forward with purpose and intention. Let this be a tool to inspire meaningful change and empower you to live in full alignment with your true self.

Take a deep breath, settle into this moment, and know that you are taking a powerful step toward creating the balance and harmony you deserve. Let's begin

Where I am now WHEEL OF LIFE

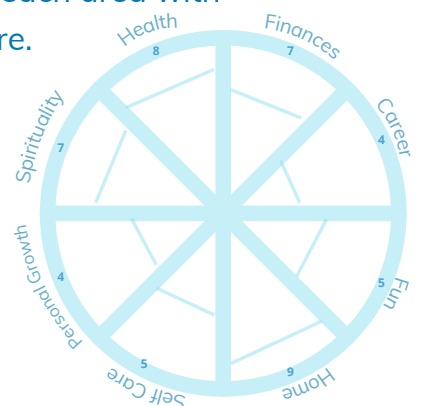


Choose 8 areas in your life that are meaningful to you and write them round the outer edge of each segment. To get you started, these can include: Home, Career, Relationships, Family, Friends, Recreation, Spirituality, Health, Self Care, Fun, Finances, Personal Growth.

Using the centre of the wheel as 0 and the outer edge as 10, rate each area with your level of satisfaction out of 0 - 10 with 0 being the lowest score.

Using the numbered scale on the first segment as a guide, draw a line from each segment as shown in the example in the bottom right of this worksheet.

The new perimeter you have drawn now represents your wheel of life and provides a visual representation of satisfaction levels.



Some Useful Questions

LET'S EXPLORE

Now that you have a Wheel of Life. Notice how your wheel looks. Is it imbalanced or do you have consistency across most areas?

Here are some useful questions you can use to gain a better understanding of your wheel. For a deeper exploration, see the next page.

Which areas are most imbalanced or feel the least satisfying?

Why do you think that might be?

What does a 10 look like in the areas you want to improve?

List 3 steps you could take to improve your score in one or more areas...

What do you need to get there? e.g. people, physical resources, money

A Deeper Dive

FOR COMMON CATEGORIES

Here are prompts tied to common "Wheel of Life" categories.

1. Health & Wellness

- What does feeling physically and mentally well look like for you?
- How can you prioritize self-care this week?
- What habits could you develop to boost your energy and vitality?

2. Career & Work

- How does your current work align with your long-term goals?
- What small steps can you take to feel more fulfilled in your career?
- What would your dream work-life balance look like?

3. Relationships

- How do your current relationships nurture or challenge you?
- Who in your life deserves more of your attention or gratitude?
- What boundaries do you need to set for healthier connections?

4. Personal Growth

- What's one skill or topic you're eager to learn more about?
- How do you currently challenge yourself to grow?
- What does success in personal growth mean to you?

5. Finances

- What's one thing you can do today to feel more in control of your finances?
- What does financial freedom mean to you?
- How do your spending habits align with your values?

6. Fun & Recreation

- When was the last time you truly let loose and had fun?
- What hobbies or activities bring you joy, and how can you prioritize them?
- How do you currently nurture your inner child?

7. Spirituality

- How do you connect with your deeper self or purpose?
- What practices help you feel grounded and centered?
- What does spiritual fulfillment look like for you?

8. Environment

- Does your living space make you feel calm and inspired? Why or why not?
- What's one thing you could declutter or organize today?
- How do you ensure your surroundings support your well-being?

Tying It All Together

A REFLECTION OF YOUR ANSWERS

Having taken a deeper dive at different areas of your life, you may have started to notice patterns or themes, e.g. a low score in one area of your life, may be impacting others. Therefore, an improvement in that area will have quite a profound positive impact on other segments of your wheel.

Consider this when answering the following questions...

Which area of your life feels most in harmony right now? Why?

Which area feels most out of balance? What steps could you take to improve it?

If your life were perfectly balanced, how would it look and feel?

What inspiration or ideas can you take from harmonious areas and apply in those that are unbalanced?

Conclusion

EMBRACING YOUR BALANCED LIFE

Congratulations on completing this workbook and taking the time to invest in your personal growth and well-being.

By reflecting on your life, identifying areas for improvement, and creating actionable steps, you've laid the foundation for a more harmonious and fulfilling future.

Remember, balance is not a destination but an ongoing journey. Life will continue to evolve, presenting new challenges and opportunities. Use the insights and strategies you've gained here as a compass to navigate these changes with clarity and confidence.

As you move forward:

- Revisit your Wheel of Life periodically to reassess and realign your priorities.
- Celebrate your progress, no matter how small, and practice self-compassion along the way.
- Stay open to growth and remain adaptable as your needs and goals shift over time.

The effort you've put into this process is a testament to your commitment to living a more intentional and balanced life. Trust yourself, honor your journey, and continue taking meaningful steps toward the harmony and alignment you deserve.

Here's to a life lived in full circle—one filled with purpose, joy, and balance. You've got this!



Keep The Momentum Going

I GOT YOU!

If you would like more personalised support to restore balance and harmony in your life through one to one Coaching or Rahanni Celestial Healing, visit my website for more information or click the button below to book in or for an informal chat with me and discover how I can help you get started.

[Work with Me](#)

Follow me on social media for daily inspiration, tips, and updates on upcoming resources to support your personal growth. Let's stay connected and continue this journey together!



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[@blossomwithlisa](#)



lisa@blossomwithlisa.com



blossomwithlisa.com

