



BALANCED

Bee

Lifestyle

Lifestyle Planner

Jodie Jewell



For everyone trying find a little balance

The Three P's

Planning

Break down your objectives into actionable steps. Prioritize each of the six key areas while allowing flexibility to adapt as needed. Craft a balanced daily schedule that keeps you focused on your long-term goals.

Prepping

Anticipate busy days by prepping ahead. Whether it's grocery shopping, cooking meals in advance, or booking that class or workshop you've been eyeing—prepare strategies to keep you on track. Don't forget to schedule quality time with loved ones or even a little self-care.

Practicing Discipline

This is often the most challenging part, but with proper planning and prepping, it becomes more manageable. You've set your goals and made a plan—now, it's time to stick to it. Find what motivates you, whether that's a supportive lifestyle buddy or a personal reward system. Remember, the life of your dreams awaits on the other side of discipline.

The Six Keys to a Balanced Lifestyle

Nutrition

Fuel your body and mind with a balanced diet. Move away from processed, sugar-loaded foods and opt for nutrient-rich meals that keep your energy levels high, boost your immune system, and reduce the risk of chronic diseases.

Movement

Regular movement is crucial. Exercise not only helps manage weight and prevent chronic conditions, but it also releases endorphins that lift your mood. Find a form of movement you love—dancing, gardening, walking, or even a fun home workout can make a significant difference.

Growth

Personal growth fuels long-term well-being. Whether it's through mental, emotional, physical, or social development, focusing on growth helps you become the best version of yourself and brings balance to your life.

Sleep

A good night's sleep is the foundation of a healthy lifestyle. Aim for 7-9 hours per night to support physical recovery, cognitive function, and emotional stability. Establish a bedtime routine that signals to your body it's time to wind down and recharge.

Fun

Don't underestimate the power of fun. Engaging in activities that bring joy releases dopamine and endorphins, reducing stress and sparking creativity. Embrace spontaneity, share laughs, and let yourself enjoy life's little pleasures.

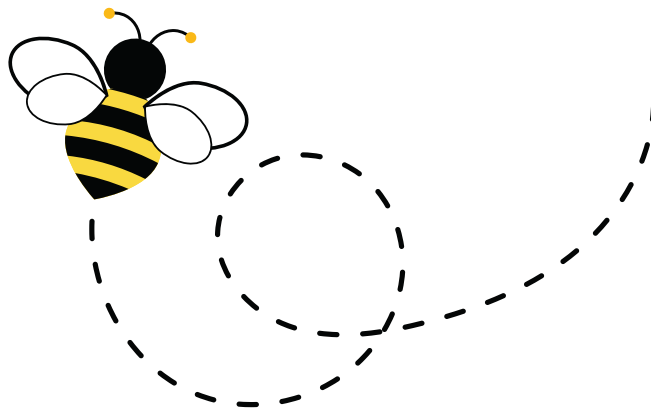
Finances

Financial well-being is a critical component of balance. Gaining control over your finances helps you meet your basic needs, achieve your goals, and manage stress. Create a realistic budget, stick to it, and seek professional advice if needed.

Create the Life You Want!

Design your life with intention and purpose. Define your goals, implement the three P's—Planning, Prepping, and Practicing Discipline—and focus on the six keys to a balanced lifestyle. Start exactly where you are, be patient, re-evaluate often, and have fun along the way! A balanced life isn't just a dream—it's a journey. Bee a Balanced Bee, and help create a world full of energized, happy, and fulfilled individuals.

Now is your time to transform. The choice is yours—start your journey to a balanced lifestyle today!



This planner is a great way to map out what matters most. Totally customizable to meet your specific needs and wants. Use in conjunction with your favorite app or create one that fits your vibe.

Bee Bold, Bee Balanced, Bee You

Love,
Jodie



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YEARLY PLANNER

JANUARY

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FEBRUARY

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MARCH

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OCTOBER

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NOVEMBER

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DESEMBER

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January



BUDGET

planner



INCOME	AMOUNT
TOTAL:	

DEBT	PAID
TOTAL:	

FIXED EXPENSES	BUDGET	SPENT
TOTAL:		

VARIABLE EXPENSES	BUDGET	SPENT
TOTAL:		

SAVINGS	SAVED
TOTAL:	

TOTAL BUDGET		-	TOTAL SPENT		=	
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Weekly Meal Planner



	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

Grocery LIST



WEEK _____

DATE _____

MEAT / FISH

PRODUCE

DRY GOODS

BAKING / DAIRY

HOUSEHOLD

OTHERS

PLANNER

weekly



Monday	Tuesday	Wednesday
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Fun	Fun	Fun
Growth	Growth	Growth
Movement	Movement	Movement
Thursday	Friday	Weekend
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Fun	Fun	
Growth	Growth	
Movement	Movement	

Bedtime Routine

Money

Upcoming
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Balance

notes

DATE

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BUDGET

planner



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Weekly Meal Planner



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DATE _____

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PRODUCE

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BAKING / DAIRY

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Money

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April



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Grocery LIST

WEEK _____

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June



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Weekly Meal Planner



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Grocery LIST

WEEK _____

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July



BUDGET

planner



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TOTAL:	

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Weekly Meal Planner



	BREAKFAST	LUNCH	DINNER	SNACKS
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Grocery LIST



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August



BUDGET

planner



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Weekly Meal Planner



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September



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October



BUDGET

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November



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Weekly Meal Planner



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December



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Balanced Bee Lifestyle Planner

Balance isn't about doing it all.
It's about doing what matters—sweetly, simply, and in sync with
you.

The Balanced Bee Lifestyle Planner is your daily hive—a place to map out your life with intention, care, and a little buzz of joy. Designed to help you live in rhythm with the Six Keys to Balance—Nutrition, Movement, Fun, Growth, Finances, and Rest—this planner is more than just to-do lists and calendars.

It's your space to:

- Set kind, realistic goals
- Build habits that nourish instead of deplete
- Track your energy, mood, and progress
- Make room for play, pause, and purpose

With weekly check-ins, creative prompts, and layouts that keep your mental load light, this planner gently guides you back to what matters most—you.

Whether you're buzzing with energy or moving through a slower season, this planner meets you where you are and helps you build a life that balances you back.

Bee bold. Bee balanced. Bee you.