



# From Busy to Balanced

Your 3 day mind & body reset  
to make you feel great

# Hello,

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WELCOME!

I'm so excited that you're taking this challenge! I promise, it's going to be transformational.

I'm Henny, a qualified Ayurvedic practitioner. I work with women and men using a holistic approach to health guidance, helping individuals find true balance in body, mind and spirit.

I've created this challenge for anyone who's ready to set aside 3 days to focus on their wellbeing and learn some simple, easy to integrate tools and strategies to feel more balanced in their life.

If you're nodding along, then hello friend! You're not alone and this challenge is going to help you go from busy and stressed to calm and balanced. And what's more, you can then integrate these tools into your everyday life.



Are you ready?

LET'S BEGIN!

*Henny*

x


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FROM BUSY TO BALANCED CHALLENGE

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“The path to great  
health lies in the  
simplicity of two steps:  
doing less & being  
more”

AYURVEDIC PROVERB

# Getting Started

STEP ONE

1

## COMMIT TO THE CHALLENGE

I don't think this challenge has made its way into your life by accident, you're ready for change. So the first rule of this challenge is to commit to it. Make the decision to stick to the plan. Come rain or shine, you have to do it. This is for YOU, so commit.

STEP TWO

2

## TAKE ACTION

It's amazing that you're here and that you've taken that first step, but now the big thing is continuing to take steps. So follow along and keep taking action and see how things begin to unfold.

STEP THREE

3

## HAVE FUN

This challenge is all about helping you feel more balanced, but it's important for us to have fun along the way. So roll up your sleeves, get stuck in, but remember to enjoy this journey!

Ready to get started? Good, let's do it...

*Busy to Balanced*

# Your 3 Day Busy to Balanced Mind & Body Reset

To help you move from a busy and stressed out mind and body towards a state of balance and calm, you need to create new habits and that starts by taking little steps every day.

So here are my 5 suggestions to help you get there:

## 1 • DAILY ROUTINE

A consistent daily routine is an essential practice for good health. It is important to wake, eat, exercise and go to sleep at night at the ideal times every day. When you do this, you align your body with the rhythms of nature and it regulates your metabolism, digestion and sleep, which in turn regulates your hormones



## 2 • EAT THREE BALANCED MEALS

Think of food as nourishment, rather than simply fuel for the day. Digestion is key to good health and eating 3 spaced out meals, with no snacking in between, ensures your food can be properly digested. Make lunch between 12-1pm your largest meal of the day. Sit down, slow down, and be grateful for your meal. Enjoy and let it deeply nourish you

### 3 • MORNING RITUAL

Wake 10 minutes earlier than your usual waking time to gift your self some quiet time for you. Sit somewhere peaceful, ideally facing East where the sun rises. Take 5 deep breaths focusing your mind on the inhale and the exhale. Count in for 4 as you inhale and out for 4-6 as you exhale.



### 4 • DAILY TIME IN NATURE

Nature soothes and heals the nervous system. It encourages us to understand that we are more than just our mind and body and connected to something bigger. Take a walk in nature - in the woods, a field, your local park, just somewhere green and near to trees, plants and wildlife. Don't rush, go slowly, absorb the calming energy and help re-set your nervous system,



### 5 • EVENING RITUAL

Before you go to sleep, take another quiet 10 minutes for yourself - this can simply be in bed before you turn your lights out. Write down three things that you are grateful for or that went well today - it can be as simple as enjoying a cup of tea, or a hug from a friend or loved one. Go to sleep with a sense of gratitude for these things.



FROM BUSY TO BALANCED

# 3 Day Checklist

Tick off each challenge every day.

Day 1

Day 2

Day 3



## DAILY ROUTINE-

try to wake, eat, exercise  
& sleep at the same time  
each day



## THREE BALANCED MEALS

eat 3 spaced out meals,  
your largest at lunchtime



## MORNING RITUAL

10 minutes breathing



## TIME OUTSIDE IN NATURE

Take a walk in the woods,  
fields or park,



## EVENING RITUAL

10 minute gratitude  
journaling





# You've made it!

I really hope this simple challenge has helped you see what's possible and I really hope you've got lots out of it. Taking time to create change in our lives can set us on a new trajectory, it's so exciting to think about.

This challenge is just the tip of the iceberg, there are so many more ways I can help you. If you're ready for the next steps, here's how we can work together...

Book in for a one-to-one personal health consultation, where you have 90 minutes with me to dive deeply into your health concerns. Come away with a personalised actionable therapy plan including diet, and lifestyle, recommendations, herb suggestions, recipe ideas, rituals, meditation, breathwork and yoga plans..

Consultations are available face to face in my practice in the Cotswolds or online.

## FIND ME AT:

- Website: [www.balance-you.co.uk](http://www.balance-you.co.uk)
- Instagram: [@balance\\_you\\_live\\_ayurveda](https://www.instagram.com/balance_you_live_ayurveda)

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