



F.I.R.S.T. BALANCE WORKSHEET

FOCUS, INVEST, REFLECT, STRENGTHEN, THRIVE



LLF COACHING



F.I.R.S.T. BALANCE WORKSHEET

F.I.R.S.T. Balance Worksheet

(Focus, Invest, Reflect, Strengthen, Thrive)

Achieving balance in life requires intention and action. The F.I.R.S.T. Balance Worksheet is designed to help you assess and enhance key areas of your life using a structured approach.

By working through each step—Focus, Invest, Reflect, Strengthen, and Thrive—you will gain clarity, make intentional choices, and create sustainable habits for a fulfilling and balanced life.

How to Use This Worksheet:

1. **Focus:** Identify the areas of your life that need attention (e.g., career, relationships, health, personal growth).
2. **Invest** – Determine what time, energy, and resources you can commit to improving these areas.
3. **Reflect** – Assess your progress, challenges, and breakthroughs regularly.
4. **Strengthen** – Take deliberate steps to build on your successes and overcome obstacles.
5. **Thrive** – Celebrate your growth and embrace a well-balanced life with confidence and joy.

Welcome to Your F.I.R.S.T. Step Toward a Balanced Life!
To live a fulfilled, harmonious life, you must nurture all aspects of yourself: Mental, Emotional, Physical, Spiritual, and Financial. Use this worksheet to assess your current state and create an action plan for growth in each area.

F – Focus on Mental Health

Where is your mindset right now?

- What are three recurring thoughts that impact your day?

- What can you do to cultivate a more positive mindset?

✓ *Action Step: Write one affirmation or practice (e.g., journaling, meditation) you will commit to this week.*

HARNESSING THE POWER OF Positive Affirmations

Positive affirmations are short, powerful statements that help you to control your thoughts, overcome negative patterns, and reinforce a belief in yourself.

Why Affirmations Matter:



Rewire Thought Patterns: With repetition, they can change the neural pathways in your brain.



Counteract Negativity: They're a tool to fight back against self-doubt and fear.



Fuel Growth: Affirmations can serve as reminders of your capability and potential.

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I – Invest in Emotional Wellness

How do you handle emotions?

- What is your biggest emotional challenge?

- How do you currently express and process your emotions?

✓ *Action Step: Identify one healthy emotional habit you will adopt (e.g., deep breathing, therapy, setting boundaries).*

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R – Reflect on Spiritual Growth

What brings you inner peace?

- How do you connect with your higher purpose or spiritual beliefs?

- When do you feel most spiritually aligned?

✓ **Action Step:** Plan a daily or weekly spiritual practice (prayer, gratitude, mindfulness, etc.).

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S – Strengthen Physical Health

How do you care for your body?

- What are your current fitness and nutrition habits?

- How does your body feel on a daily basis?

✓ *Action Step: Set one realistic goal for your physical health (e.g., drink more water, take a daily walk, improve sleep).*

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T – Thrive Financially

Are you in control of your finances?

- What are your biggest financial challenges or fears?

- What is one financial habit you can improve?

✓ **Action Step:** Choose one financial action (create a budget, start saving, reduce unnecessary expenses) to implement.

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Final Reflection & Commitment

- What is one key insight you gained from this exercise?

- Which area do you feel most motivated to improve first?

💡 *Commit to taking action! Share your biggest takeaway or action step in the comments. Let's grow together!*



READY FOR MORE SUPPORT?

If you're ready to transform your life with personalized coaching, let's talk! Schedule a FREE Discovery Call with me today and take the F.I.R.S.T. step toward balance and fulfillment.

COUNT ME IN

www.paperbell.me/raquella-williams