HeyMonicaB

# The Art of Balancing The Self & Work

## Worksheets & Journal Pages

**A simple practic guide to put what you've learned into action.**

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# Your Starting Point

Get clear on where you are now so you can see how things shift as you practice.

## Right Now....

How I am feeling (mentally, physically, emotionally)?

What's feeling heavy, stressful or out of balance?

How do I want to be feeling?

## My Intention

In taking this class, I am committed to trying what is recommended. It is my desire and intention to feel different/better in these ways:

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selftalk

The way you talk to yourself matters. Shift your mind, be kinder to yourself, and create new possibilites.

## Rainbow Mindset

What is one (or more!) situation(s) I've been seeing or trying to solve in black and white?

List 10+ new possibilities that are in rainbow space — how could I act on, or interpret this situation differently, more positively?

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# Your Vision

What do you want to be creating? What would you love your life (work, health, finances, relationships, etc.,) to be 3-6 months from now? What about 3 years from now?

Is what you are doing now leading to that place? If not, what do you need to adjust?

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## New Choice!

Write **one recurring** negative thought or story that stalls your progress, bums you out, or just is not serving you.

Now tell yourself **"New Choice!"** and write 3 supportive ways to talk to yourself about that recurring thought, to get to a more positive place. These should be rooted in TRUTH and self belief.

## New choice 1

## New choice 2

## New choice 3

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# me first!

Charge your battery first thing in the morning, so that YOU take care of yourself first. That way you can serve others with full presence and joy.

## Sweat!

What will I do to get in 10 minutes of movement?
Something challenging enough to make me sweat.
But don't over think it, just get it done.

## Done by 9am (7:30am is an A+)

How will taking care of myself first help me show up better for the people who depend on me?

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# realign

Align with the Ayurvedic clock to do the right things at the right time, to support your mood, energy, vitality and productivity.

## Eat Lunch

What do I need to change to protect a 20-30 min. lunch time?

What might I need to prepare ahead of time to make this happen?

## Done by 1 — do the important work first!

What are my most important daily tasks? Why is it important to get those done by 1? How can I utilize my afternoon for creativity, meetings, people, and doing things on the move?

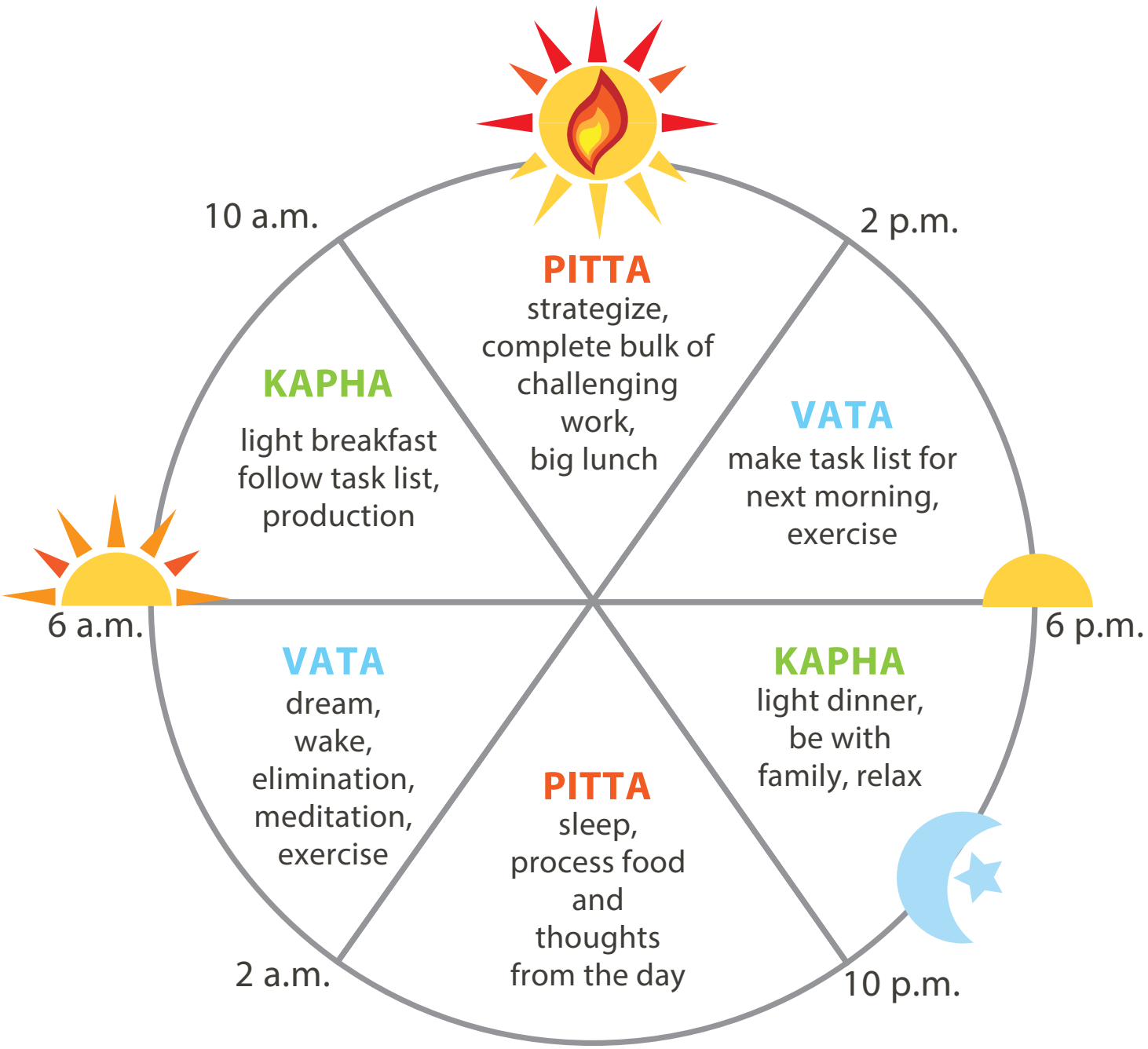
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realign

Ayurvedic clock for reference.

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# THE AYURVEDIC DAILY ROUTINE




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# realign

Looking at my schedule, what needs to be added, removed or changed out for something better?

## Add, Drop, or Swap

Looking at my schedule, what needs to be added, removed or changed out for something better?

Is there anything I need to ADD?

Is there anything I need to DROP (or stop doing)?

Is there anything I need to SWAP (for a better habit)?

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# my commitment!

You've learned a lot! Now choose just ONE or TWO practices to focus on. Rememver, the middle path is long, consistent and boring. And that's where the good stuff happens!

1-2 practices I am choosing:

Practice #1: _____

Practice #2 (optional): _____

When and how will I put these into practice?

_____

_____

_____

_____

_____

How do I want to feel as a result?

_____

_____

_____

_____

_____

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# my weekly check-in

Come back to this page each week as you receive my emails. Notice what's changing, celebrate your progress and make adjustments as needed

Week 1: What have I tried? What have I noticed?

Week 2: What's getting easier? What's still challenging? Other observations on how I am feeling.

Week 3: How am I feeling compared to my starting point?

Week 4: What's changed,? What will I continue? What might I be ready to add?

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# look how far you've come!

Go back to your Starting Point page and read what you wrote.

What feels different now? What am I proud of?

Good things are ahead for you.
Love,
Monica B.




*Keep learning with me! Explore more resources at* ***heymonicab.com*** *and my podcast,* ***Bringing Ayurveda to Life****.*

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