



BALANCE BLUEPRINT COURSE



COURSE OVERVIEW:

We live in a fast-paced society that often glorifies achievement, status, and success. Many people push themselves to the limit, striving to meet expectations while ignoring the signals their bodies and minds are sending them. But what is the true cost of this constant pursuit? What value does a thriving career or outward success hold if it leaves you feeling stressed, disconnected, and exhausted?

The Balance Blueprint Course is an 8-week transformative course designed to help you redefine what success and well-being look like for you. At its core, this program is about restoring harmony in your life, nurturing your physical, emotional, and mental well-being, and creating sustainable practices that support both your personal and professional goals.

The Balance Blueprint provides the tools and insights to help you live with greater intention, clarity, and ease. Success and self-care are not mutually exclusive—this course will show you how they can coexist beautifully.

WHO WILL BENEFIT FROM THIS COURSE:

The 8-week Balance Blueprint course is designed for individuals who:

- Are you unsure of what truly fuels your happiness and well-being?
 - Are you constantly feeling fatigued, overwhelmed, or burned out without knowing why?
 - Are you stuck in a rut, feeling complacent or uninspired?
 - Do you have a habit of always “going hard,” striving for more without pause?
 - Do you wonder whether your life is truly balanced or if your self-care practices are effective?
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WEEKLY EXPECTATIONS:

Week 1: The Wheel of Life

The Wheel of Life gives a wonderful visual representation of how balanced your life is. It will help you to focus on what is working and what needs improvement. From there, we can set up an action plan.

Week 2: Self-Care Quiz

The quiz is intended as a thought-starter around some very practical self-care measures – physical appearance, health, physical environment, time management, energy levels, emotional needs and more.

Week 3: Comfort Zone

Where are you in the “Comfort Continuum?” Do you need to slow down and do less, or speed up and take action? We are going to talk about discomfort being a necessary part of growth.

Week 4: Identify Your Energy Zappers

What are you putting up with at home and / or at the office (or main occupation) that might be limiting you right now? What is draining your energy and leaving you exhausted?

Week 5: Detox Your Toxic Relationships

WHO we spend our time with has a significant impact on our lives – some relationships uplift and inspire us and others are downright draining. This is about bringing awareness to, and being intentional with, whom we spend our time.



Week 6: Self-Care Check-In & Needs

Knowing ourselves and our needs is essential to living a balanced life. Where do you need to take better care of yourselves? What is preventing you from feeling happy and at peace with yourself?

Week 7: The Power of “NO”

Do you want more time to yourself? Do you want to be more assertive? You will continue to be stressed and overwhelmed – and your goals and priorities will suffer – until you learn to say “No!”

Week 8: Letting GO

Are you bearing grudges, holding onto the past, or resisting change? People often hang onto things which cloud their minds and drain them of energy – preventing them from moving forward.

COURSE OUTCOME:

By the end of the 8-week course, you will:

- Identify the importance of the different aspects of your life
 - Know where and how to look after yourself better
 - Have a clear picture of your comfort levels and what to do about them
 - Know how to deal with people that take your energy
 - Identify toxic relationships and know what you need
 - Learn to say NO and take your power back
 - Learn to let things go and everything will still be OK
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