



Balance Breakthrough Worksheet

Is a simple tool to reveal what's aligned
and what needs support so you can feel
more fulfilled and in balance

Balance Breakthrough Worksheet

First of all, take a moment to celebrate yourself. You're here. You're doing something meaningful.

By setting aside this time for yourself, you're not only choosing clarity and balance you're modeling what it looks like to live with intention. This simple act of reflection and realignment is powerful, not just for you, but for everyone around you.

This worksheet is designed to help you see where things feel aligned, where they feel off, and how to move forward with more purpose and peace. Let's dig in!

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Welcome

Welcome, I'm so excited you're here.

If you've landed here, it means you're ready for something deeper. You're already successful but if you're like most of my clients, you know there's a disconnect between the life you're building and the way you're feeling.

This worksheet is here to help you see what's out of alignment so you can shift into a more fulfilled, balanced version of yourself without burning out.

Let's dive in. Your next level is waiting.

- Dorrie

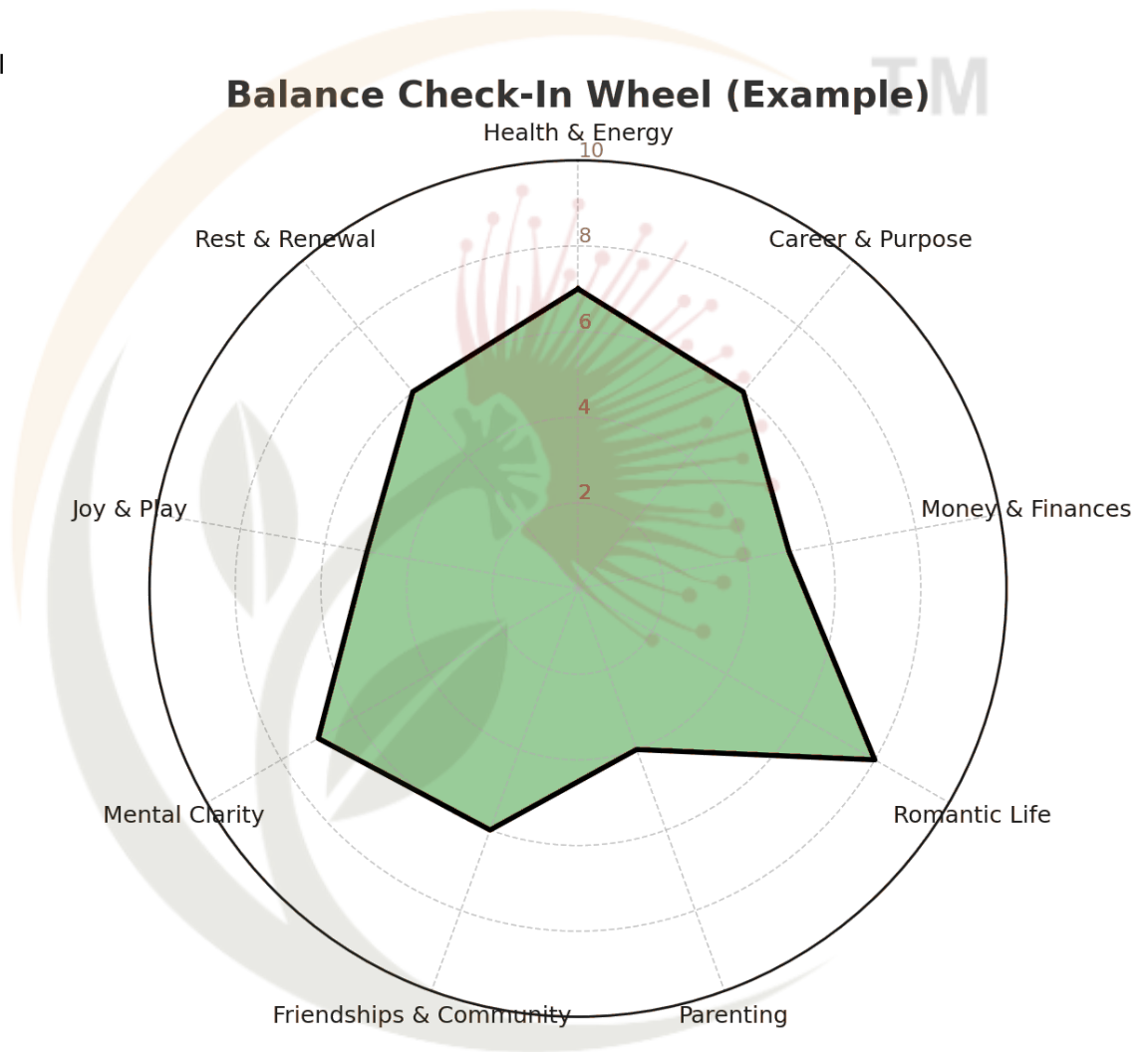
Balance Check-In: Example

Below is an example of what a completed Balance Check-In Wheel could look like. Rate each area from 1 (not satisfied) to 10 (fully aligned) and shade or mark the space from the center outward. The goal isn't perfection, it's awareness.

Use this visual to see where things feel strong and where you might want to devote more intention.

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- Health & Energy
- Career & Purpose
- Money & Finances
- Romantic & Family Relationships
- Friendships & Community
- Mental Clarity
- Joy & Play
- Rest & Renewal

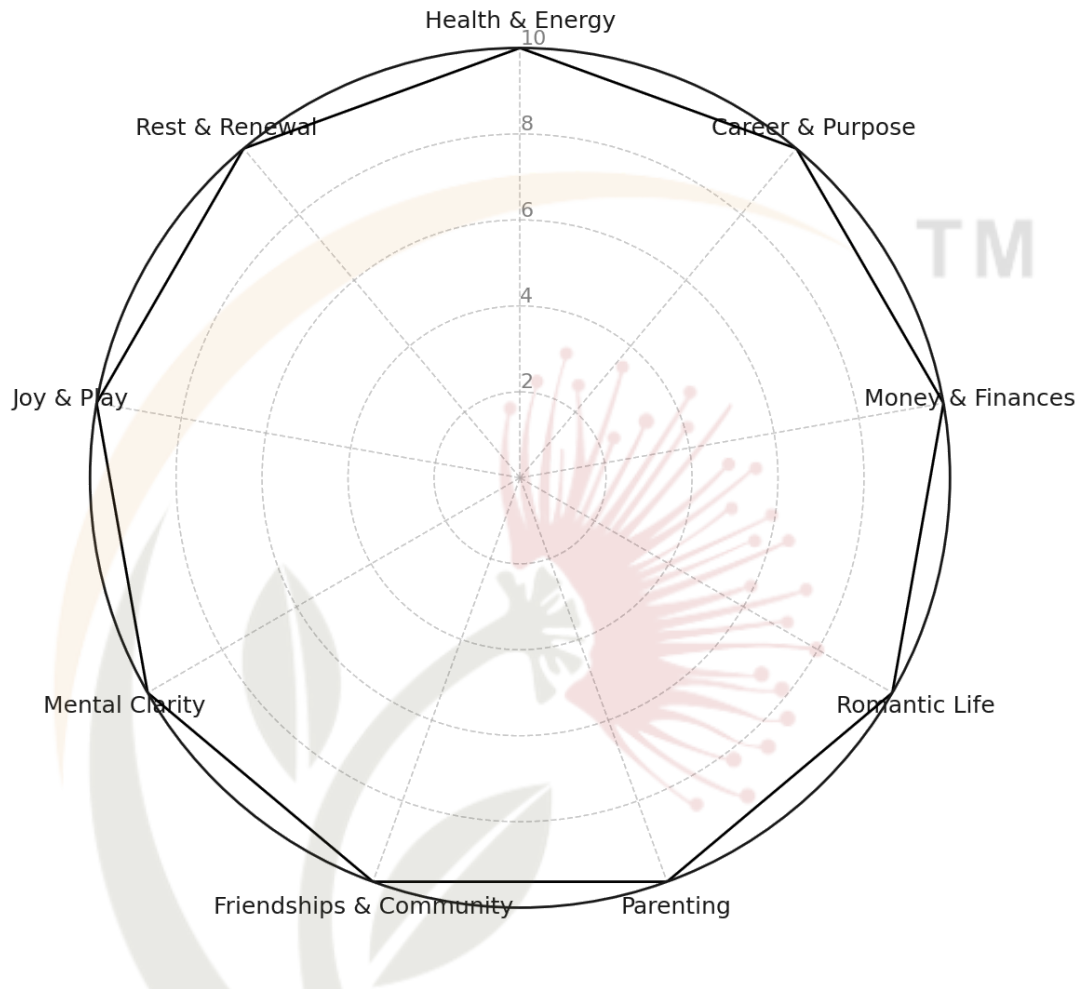


Your Turn: Plot Your Balance

Now it's your turn! Using the same categories, rate each one and mark your wheel to reflect where you currently stand. This creates a snapshot of your overall balance and your starting point for change.

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Balance Check-In Wheel (Your Turn)



Reflect & Realign

1. What area feels like it's taking the most energy right now?
2. What's one part of me I've put on the back burner in order to succeed?
3. If nothing changes in the next 6 months... how will I feel?

Micro Alignment Plan

Balance Breakthrough Worksheet

Choose one area to focus on this week:

Focus Area: _____

One boundary I can set: _____

One thing I can say 'no' to: _____

One thing I can say 'yes' to: _____

One action I can take in the next 24 hours: _____

Ready to Go Deeper?

DM me @GuidedByManaCoaching or email GuidedByManaCoaching@gmail.com with the subject 'INSIGHT' and I'll send you info on how we can work together or schedule a free 50-minute Brighter Future Discovery Session.

Let's realign your life - one empowered decision at a time.

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