

## THE **BALANCED 7**

# TOOL KIT

# OVERVIEW

### **Balanced 7 Check List & Directions**

- Your seven daily tasks!
- Instructions on how to share your victory badge each day

### **Sample Balanced 7 Schedules**

- Three sample schedules that incorporate The Balanced 7 Daily Tasks
- Get an idea of how you can apply your Balanced 7 tasks to your daily schedule!

### **Resources**

- Podcast recommendations
- Book recommendations
- Ideas for physical activity & things you can do for fun

### **Affirmations List**

- A list of our favorite affirmations you can use or add to your existing list!

THE **BALANCED 7**

# 7-Day Calendar

**DAY 1**  
Crushed it!



**DAY 2**  
I did THAT!

**DAY 3**  
Complete!



**DAY 4**  
Go me!

**DAY 5**  
Killing it!




**DAY 6**  
Accomplished!

**DAY 7**  
Done & Done!



# Daily Check List



1 Eat a veggie with every meal. Bonus if it's a different veggie for each meal! (Nutrition)

2 Give three compliments today. This can be via text, phone call, passing a stranger, etc. (Relationships)

3 Do something physical you LOVE. Aim for at least 10 minutes! (Movement)

4 Smile! In the mirror, for a selfie, at a stranger, laugh at a funny meme. (Fun)

5 Spend one minute reading through self affirmations. (Self Love)

6 Listen to a podcast/audiobook/read for at least 10 minutes (Personal Development)

7 Write down three things you are grateful for. (Gratitude)

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## B7 INSTRUCTIONS

Let's do this thing! Below are the steps to success with The Balanced 7 daily tasks!

### STEP ONE

- Complete your 7 daily tasks (or as many as you can)

### STEP TWO

- Near the end of each day, we'll send you a text with a link for you to click!

### STEP THREE

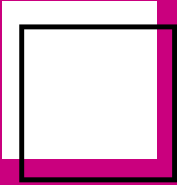
- Click the link to unlock your daily B7 Victory Badge!

### STEP FOUR

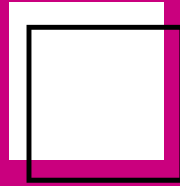
- Save & share your Victory Badge to your Instagram Stories! Tag @phaseitup and #TheBalanced7 so we can show you some love.

THE **BALANCED 7**

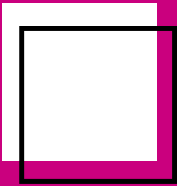
# Day 1



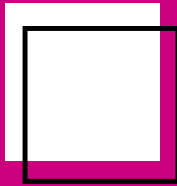
**NUTRITION**



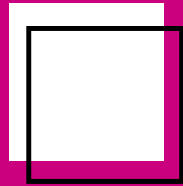
**RELATIONSHIPS**



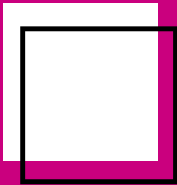
**MOVEMENT**



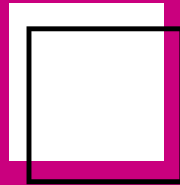
**FUN**



**SELF LOVE**



**PERSONAL  
DEVELOPMENT**



**GRATITUDE**

**I DID IT!!**

**@phaseitup  
#thebalanced7**

# Sample Schedules

## Sample Day Example 1:

<b>7 am:</b>	Wake up & make coffee
<b>7:30 am:</b>	Read/Listen to Personal Development
<b>7:40 am:</b>	Gratitude exercise
<b>8:30 am:</b>	Drive to work- record a voice memo to a friend with a complement to them
<b>Lunch Break</b>	Go for a 10 minute walk and read your affirmations
<b>6 pm:</b>	Remember to include a veggie with dinner and share it on social media
<b>7 pm:</b>	Have a fun dance party with the family to fun youtube songs

## Sample Day Example 2:

<b>6 am:</b>	Wake up and avoid looking at your phone
<b>6:30 am:</b>	Practice gratitude and self-love affirmations
<b>7 am:</b>	Put a handful of spinach into your morning smoothie
<b>8 am:</b>	Drive to work or while getting ready for work: Listen to 10 minutes of a podcast
<b>12 pm:</b>	Send a text to a friend or family member with a compliment during your lunch
<b>5 pm:</b>	Find a free 10 minute yoga workout on youtube to do after work
<b>7 pm:</b>	Paint your nails and set up your own at home spa for some fun



# Resources

Need some ideas? We got you.

## Favorite Personal Development Podcasts:

- The Chalene Show
- On Purpose with Jay Shetty
- Happier with Gretchen Rubin
- Earn Your Happy
- Kwik Brain with Jim Kwik

## 10 Minute Movement Ideas:

- Go for a walk
- Find a short yoga flow or circuit on YouTube
- Put on your fave song and have a dance session
- Stretch it out!
- Play with your kids in the yard
- Find a good set of outdoor stairs to go up and down
- Do bodyweight exercises at home like burpees, pushups, lunges and squats

## Favorite Books:

- The Subtle Art of Not Giving a F\*ck by Mark Manson
- 13 Things Mentally Strong People Do by Amy Morin
- Judgement Detox by Gabrielle Bernstein
- Never Split the Difference by Chris Voss
- The Five Love Languages by Gary Chapman
- Atomic Habits by James Clear

## Things to do for Fun:

- put on a full face of makeup
- dress up
- go for a bike ride
- have a game night
- plan a date night



# Affirmation List

You are impeccable with your word.

Done is better than perfect.

Worrying doesn't give me control.

I choose peace.

I deserve to have joy in my life.

I have control over my thoughts, feelings and choices.

I am focused on my strengths and not my weaknesses.

I am blessed to have been able to withstand really difficult times.

I'm calm, I am peaceful, I am loving, I am giving, I am kind.

I am blessed by the time I spend with others.

I am blessed beyond my wildest imagination, and wherever this ride takes me, that's where I'm going.

# Affirmation List

I make difficult decisions and I take action.

I have proven I have the ability to overcome any challenge that life throws me.

I can choose to let go of any anger or sadness, and let love flow from me in its place.

I am beautiful. I am radiant , I am joyous.

There are people who will love me more than I will ever know. I am worthy of their love. I am worthy of their empathy, and understanding, and support.

I have gratitude and love for the body that I'm in and how it has served me.

My belief in myself and the love I have for other people radiates an energy that attracts people to me.

I am excited about the person I'm becoming. I am exactly who I'm supposed to be in this moment.