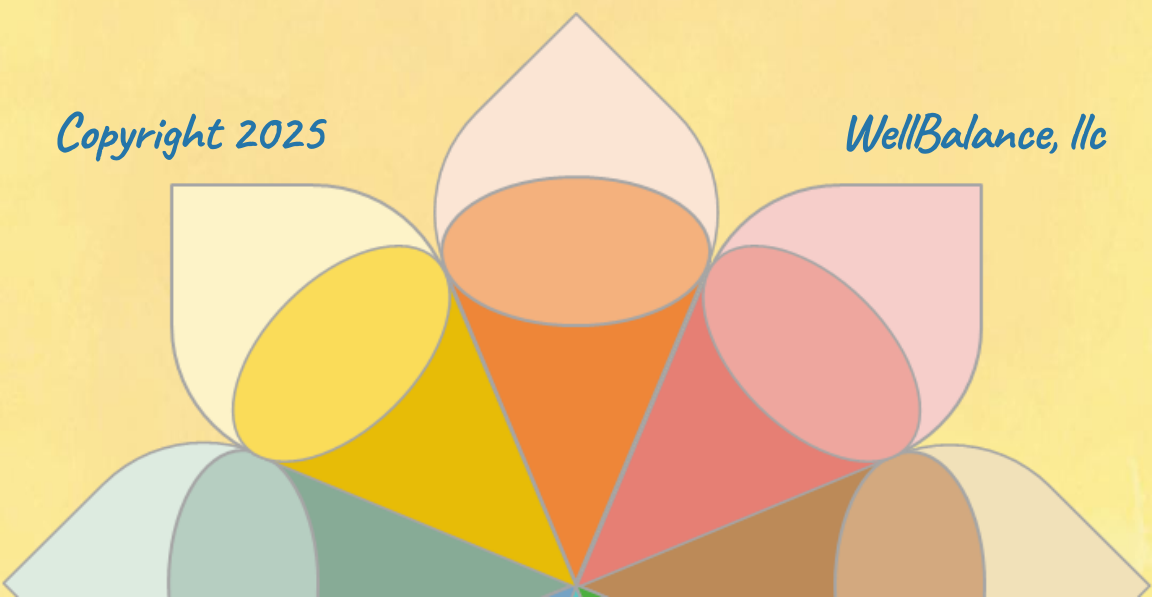


# 6 Days to Reclaim Your Life

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# 6 Days to Reclaim Your Life

Hi there,

We're so glad you're here. This 6-day guide is an invitation to reconnect with yourself gently, honestly, and at your own pace.

The prompts you'll find in the pages ahead come directly from our first full-length book [Awaken Your Lotus, Transform Your Life](#). Each one is designed to help you explore the delicate art of showing up for others without losing yourself in the process.

You'll also find a simple, grounding action to take each day, something small you can do to support the reflections you write.

Here's how to use this guide:

- Find 10-15 minutes each day to slow down and reflect
- Read the prompt(s), then write whatever comes up, no pressure to get it right
- Try the daily action, even in a small way. Let the practice meet you where you are.

You don't need to fix anything.  
You don't need to be anyone else.  
You're just here to notice, feel, and begin again.

Take a deep breath.  
Let's begin.

With care,  
Team WellBalance

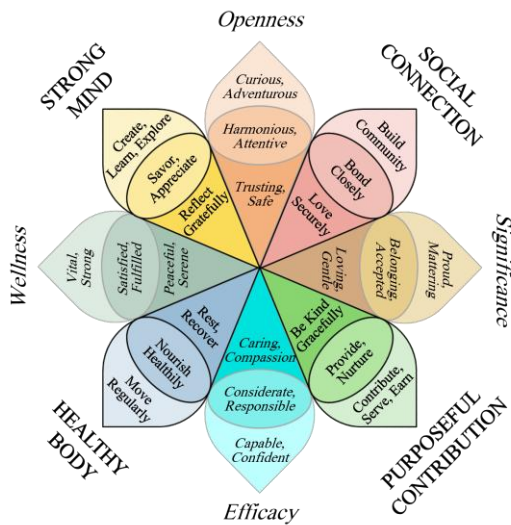


# 6 Days to Reclaim Your Life

## Day 1 Practice

### Defining What Balance Means to You

Balance isn't about having every area of life perfectly calibrated. It's about having awareness and the courage to shift when something feels off. When we tune in, even the smallest act of rebalancing can bring a powerful sense of calm and clarity.



#### Action:

Choose one small area of your life to bring into greater balance today.

This could be pausing for a 10-minute walk, turning off your phone during dinner, or saying no to one non-essential task.

Write your action down below.

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## Day 1 Reflection

### Defining What Balance Means to You

Reflect on a time in your life when you felt truly balanced - physically and emotionally, and in your relationships and sense of purpose. What habits, choices, and circumstances contributed to that sense of balance? How can you bring more of those elements into your life now?

Balance doesn't mean perfection. Instead, it's about attending to the different areas of your life in a way that feels fulfilling and sustainable. Where do you feel most balanced right now, and where do you feel off-balance? What adjustments could help you feel more aligned?



## Day 2 Practice

### Strengthening Social Connection

Relationships are essential to wellbeing—but they require intention. Taking time to connect, even briefly, helps us feel grounded, valued, and less alone. When we reach out with sincerity, we reinforce the bonds that sustain us.



#### Action:

Reach out to someone you feel close to and tell them something you appreciate about them or simply check in with genuine care.

Connection doesn't have to be big to be meaningful.

Write your action down below.

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## Day 2 Reflection

### Strengthening Social Connection

Reflect on a time when you felt deeply connected to others, whether through a meaningful conversation, a shared experience, or a supportive relationship. What made that connection so impactful, and how can you cultivate more moments like this?

Consider the different forms of social connection: joining a community, deepening bonds with friends and family, and nurturing a loving companionship. Which area do you currently prioritize most, and which could you nurture further to enhance your wellbeing?



## Day 3 Practice

### Cultivating Wellness for Mind-Body Balance

Your body and mind are in constant dialogue. When we care for one, we support the other. Wellness isn't about doing everything right, it's about returning to what helps you feel more whole. Just one act of care can shift the way your whole day feels.



#### Action:

Prioritize one habit today that supports your wellbeing.

Stretch. Hydrate. Breathe intentionally. Eat something nourishing.  
Let this be an act of care, not correction.

Write your action down below.

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## Day 3 Reflection

### Cultivating Wellness for Mind-Body Balance

Reflect on a time when you felt physically and mentally at your best - vital, satisfied, and at peace. What habits or choices contributed to that state of wellbeing? How can you integrate those habits more consistently?

What do peace and serenity feel like for you? Identify one practice that helps you feel calm, centered and grounded, mentally and physically. How can you prioritize this in your life?





## Day 4 Practice

### Building Mutually Uplifting Connections

Not every relationship gives energy. Some nourish you. Some deplete you. Becoming aware of that difference allows you to gently create boundaries—and build more space for what lifts you up.

#### Balance Starts with Boundaries

*Self-care isn't selfish, it's essential*

- ☒ Let yourself rest & recharge without guilt
- ☒ Say YES to commitments that align with your priorities and purpose, not only theirs
- ☒ Every "yes" to others shouldn't be at the expense of YOU
- ☒ Caring for yourself enables you to care fully for others

*You shouldn't have to light yourself on fire  
to keep others in your life warm!*

#### Action:

Take inventory of your energy after time spent with others today.

If someone energizes you—create more space for them this week.

If someone drains you—set a gentle boundary or reduce the time spent.

Write your action down below.

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## Day 4 Reflection

### Building Mutually Uplifting Connections

Think of the people who energize and lift you up. What qualities make these relationships fulfilling? How can you cultivate more connections like these?

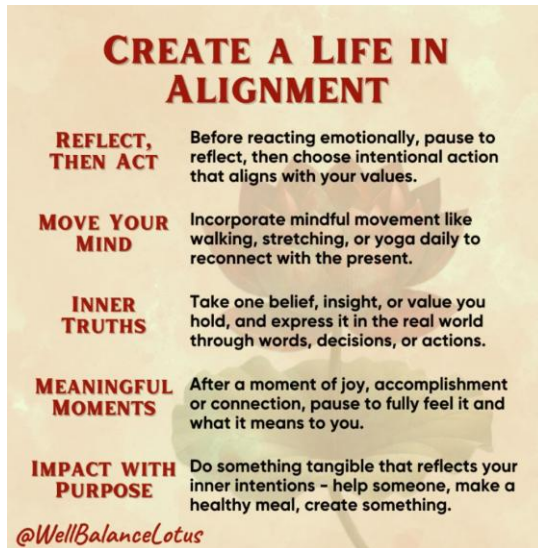
Are there relationships in your life that drain or deplete you? What steps can you take to create healthier dynamics or let go of relationships that no longer serve you?



## Day 5 Practice

### Integration and Alignment

Insight alone doesn't create change. It's when we begin to align our choices with our values that we start living with intention. Even one mindful decision can create a ripple effect that brings you closer to the life you truly want.



### Action:

Pick one decision today and pause before responding.

Ask yourself: "Is this aligned with what I value most right now?"  
Even one aligned choice can shift your momentum.

Write your action down below.

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## Day 5 Reflection

### Integration and Alignment

Reflect on moments where your inner and outer worlds have supported each other. When have you felt most in alignment. When have your thoughts, feelings, actions, and external world felt most connected?

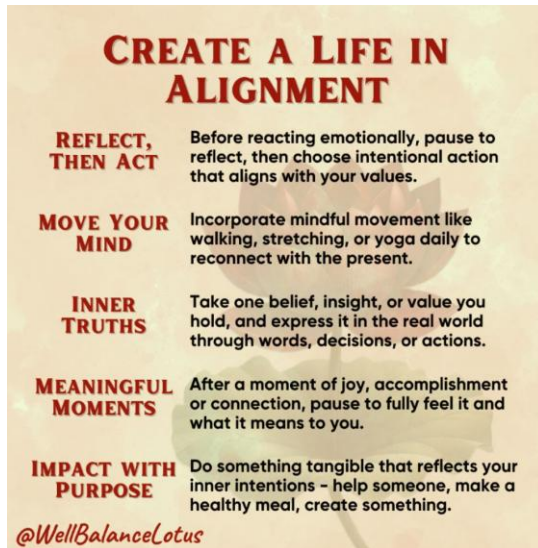
What small changes would help you live more in tune with what you value most right now in your life?



## Day 6 Practice

### Find and Live Your Rhythm

You weren't meant to run at full speed. Life is seasonal. You flourish not by being "on" all the time—but by honoring the rhythm of action, presence, and rest. When you create space for all three, your life feels more like your own again.



### Action:

Sketch out a daily or weekly rhythm that includes time for engagement, presence, and rest.

Then pick one small change to test this week—like a tech-free hour, a short mid-day walk, or a nightly wind-down routine.

Write your action down below.

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## Day 6 Reflection

### Find and Live Your Rhythm

Imagine your life as a balanced rhythm of energy—what would a fulfilling "daily cycle" look like for you?

How might your life change if you approached each week, season, or year as a cycle of engagement, presence, and renewal?



## 6 Days to Reclaim Your Life

Congratulations! You completed the 6 Days to Reclaim Your Life. While you may not have all the answers at this point, we hope this practice helped guide you in the right direction and helped you spark an upward spiral of flourishing in your life.

Whether you completed all six days or just paused for a few moments of reflection, know that it matters. Creating space for yourself, even in small, quiet ways is a powerful act of self-respect.

If this guide resonated with you, it's only the beginning.

These prompts were adapted from *Awaken Your Lotus, Transform Your Life*, our first full-length guide to reconnecting with your clarity, energy, and calm through six seasons of self-discovery.

Explore the full BloomBook [here](#) →

We hope this guide helped you return to what matters most: your alignment, your truth, and your own rhythm.

With care and gratitude,  
Team WellBalance

