

# THE BALANCE FRAMEWORK



## Setting Intentions Without Forcing Outcomes



life by intent

Life often surprises us, and learning to balance intentionality with adaptability can help us thrive. Use this simplified worksheet to align your actions with your values, let go of stress, and embrace life's flow.

## 1 Anchor Yourself in Your Values

Values help you stay grounded when things don't go as planned.

### Affirmation:

*"I honor my core values as my guiding light, no matter what life brings."*

### Instructions:

Write down two values that are most important to you right now.

### Examples of Values:

- Authenticity
- Compassion
- Growth
- Joy
- Creativity
- Family
- Courage
- Health
- Connection
- Freedom

### My values:

1. \_\_\_\_\_

2. \_\_\_\_\_

**Reflection Prompt:**

How can these values support you in staying calm and focused?

1. \_\_\_\_\_

2. \_\_\_\_\_

**2 Set an Intention for Your Journey**

Intentions focus on how you want to live rather than what you need to achieve.

**Affirmation:**

*"I align my intentions with who I truly am and trust the process of life."*

**Instructions:**

Complete the sentence:

Today, I intend to \_\_\_\_\_

**3 Let Go of Control**

Releasing control creates space for new opportunities to emerge.

**Affirmation:**

*"I trust that what's meant for me will not pass me by."*

**Instructions:**

List one thing you're holding onto too tightly and a way to release it:

Holding on to: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will let go by: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 4 Balance Action and Surrender

Success comes from balancing effort with trust.

### Affirmation:

*"I take meaningful steps toward my goals while allowing life to unfold."*

### Instructions:

Write one small step you can take today to honor your intention:

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## 5 Focus on Mindset with Daily Affirmations

Use these affirmations to build a mindset of calm and confidence:

- "I am exactly where I need to be right now."
- "I choose peace over perfection."
- "I release the need to control and trust the flow of life."
- "Every step forward, no matter how small, is progress."
- "I embrace the unexpected and trust the journey."

## 6 Visualise Your Best Life

Take 2-3 minutes to imagine yourself living in balance, flowing with life, and embracing each day with ease and grace.

### Reflection Prompt:

What does your life feel like when you're in flow?

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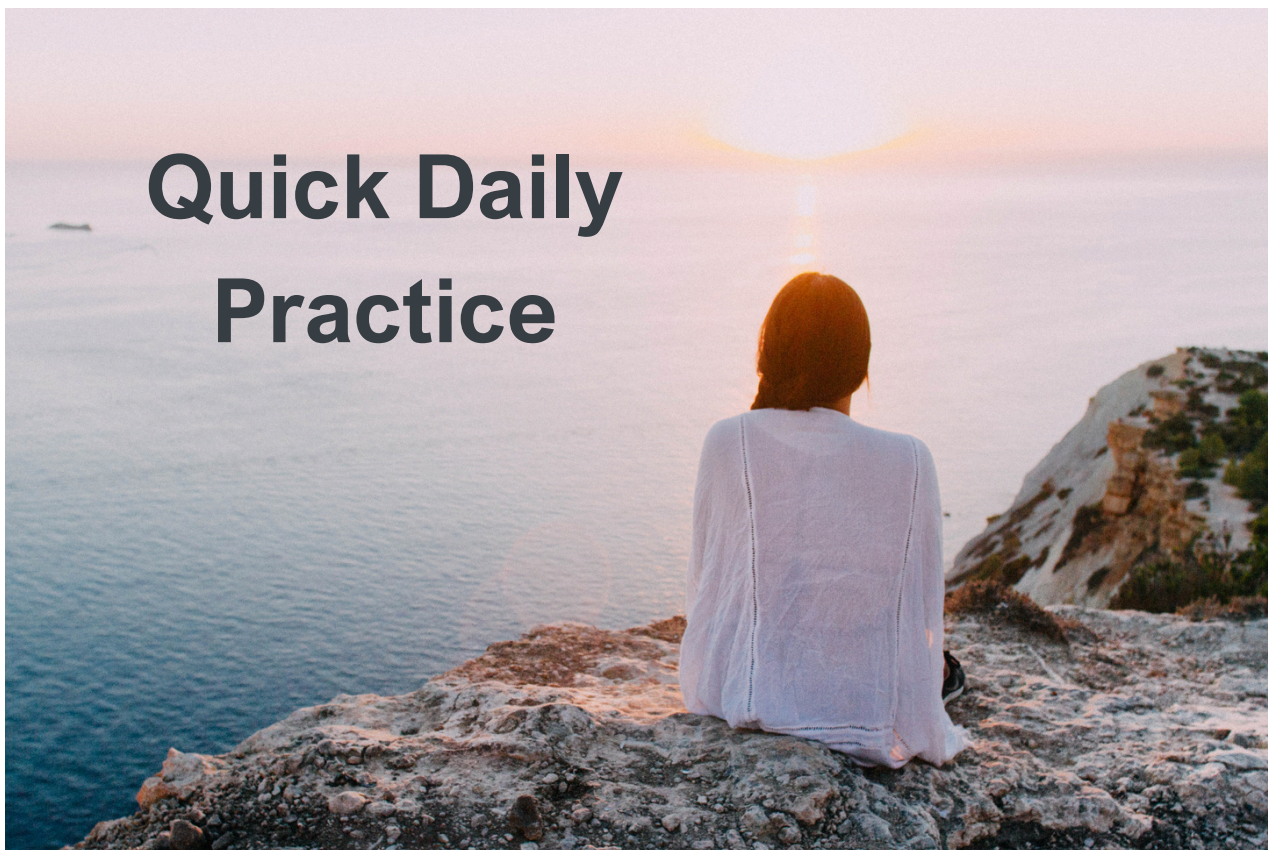
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# Quick Daily Practice



**Each morning, ask yourself:**

1. What intention will guide me today?
2. What can I let go of to stay in flow?
3. How will I remind myself to trust the process?

**Affirmation:**

*"I am open to the unexpected and trust that life supports me."*

This simple practice, combined with your values, can help you release stress and find balance, no matter what challenges arise. You've got this!



**life by intent**