



Sacred Balance Planner

Organizational Templates to Help You
Create the Time & Space in Your Life for
Transformational Self Care



With Meggie Winchell, M.Ed.





How to Use This Planner:

Welcome! I'm thrilled that you're wanting more Transformational Self Care in your life. So often our calendars are focused around busy to-do lists and obligations to other people. This planner offers you a system for consciously calling greater sacred balance into your life by intentionally creating time for the 5 Core Elements of Transformational Self Care.

Before we dive in, let me give a quick orientation on how to get the most benefit out of this planner.

The vision of this planner is to help you focus in on a Core Element each week for five weeks. It consists of three parts:

- 1. Planning Pages for each Core Element**
- 2. A 5-Week Transformational Self Care Calendar**
- 3. Helpful Hints for Manifesting Sacred Balance**

The Planning Pages help get you inspired and offer a template for choosing one specific activity that lights you up. Follow your intuition and complete these Planning Pages in the order that speaks to you.

Next you write the date/time of your Transformational Self Care activity in the calendar on Page 8. Please be sure to transfer these dates to your own daily calendar. (Super important!)

Last, you'll find a list of Helpful Hints for Manifesting Sacred Balance, as well as how to reach out to me if you'd like support. Enjoy!

DISCLAIMER:

The information provided in this PDF is for informational purposes only. In no way is the information provided meant to be a substitute for medical or psychological advice. This information does not serve to diagnose, treat, or provide a cure for any condition you may be experiencing. If you require medical or psychological services, it is your responsibility to seek the attention of a licensed doctor or mental health professional.

Core Element #1: Creative Expression

Possibilities...

1. Begin by creating **a list of possible activities** that feed your soul through Creative Expression. Write your list in the space provided on the left. *Examples: writing poetry, painting, coloring mandalas, playing music, etc.*
2. **Circle** three of the possibilities on your list that light you up!
3. Now look at your life in the next five weeks, see what real-life options are available to you, and **choose one** of the circled activities to manifest.
4. Now create your **plan**:

Date: _____ Time: _____

Activity: _____

Materials: _____

Preparation (scheduling, child care, etc.): _____

On a scale of 1 - 10, how nurturing will this be for you? _____

How do you imagine you'll feel during and after? _____

5. **Write** your Transformational Self Care date/time on the calendar provided.
IMPORTANT: Be sure to **record the date in your daily calendar**, as well.



Possibilities...

Core Element #2: Embodiment

1. Begin by creating **a list of possible activities** that feed your soul through Creative Expression. Write your list in the space provided on the left. *Examples: dancing, yoga, horseback riding, swimming at a waterfall, etc.*
2. **Circle** three of the possibilities on your list that light you up!
3. Now look at your life in the next five weeks, see what real-life options are available to you, and **choose one** of the circled activities to manifest.
4. Now create your **plan**:

Date: _____

Time: _____

Activity: _____

Materials: _____

Preparation (scheduling, child care, etc.):

On a scale of 1 - 10, how nurturing will this be for you? _____

How do you imagine you'll feel during and after?

5. **Write** your Transformational Self Care date/time on the calendar provided.
IMPORTANT: Be sure to **record the date in your daily calendar**, as well.



Possibilities...

Core Element #3: Connection

1. Begin by creating **a list of possible activities** that feed your soul through Creative Expression. Write your list in the space provided on the left. Examples: *having a heart-to-heart talk with a friend, holding a kitten, singing harmony, etc.*
2. **Circle** three of the possibilities on your list that light you up!
3. Now look at your life in the next five weeks, see what real-life options are available to you, and **choose one** of the circled activities to manifest.
4. Now create your **plan**:

Date: _____ Time: _____

Activity: _____

Materials: _____

Preparation (scheduling, child care, etc.): _____

On a scale of 1 - 10, how nurturing will this be for you? _____

How do you imagine you'll feel during and after? _____

5. **Write** your Transformational Self Care date/time on the calendar provided.
IMPORTANT: Be sure to **record the date in your daily calendar**, as well.

Core Element #4: Nature

Possibilities...

1. Begin by creating **a list of possible activities** that feed your soul through Creative Expression. Write your list in the space provided on the left. Examples: walking barefoot in a stream, lying down and looking up at the forest, gardening, etc.
2. **Circle** three of the possibilities on your list that light you up!
3. Now look at your life in the next five weeks, see what real-life options are available to you, and **choose one** of the circled activities to manifest.
4. Now create your **plan**:

Date: _____ Time: _____

Activity: _____

Materials: _____

Preparation (scheduling, child care, etc.): _____

On a scale of 1 - 10, how nurturing will this be for you? _____

How do you imagine you'll feel during and after? _____

5. **Write** your Transformational Self Care date/time on the calendar provided.
IMPORTANT: Be sure to **record the date in your daily calendar**, as well.



Possibilities...

Core Element #5: Spiritual Nourishment & Ritual

1. Begin by creating **a list of possible activities** that feed your soul through Creative Expression. Write your list in the space provided on the left. Examples: meditation, women's circles, energy clearing, vision board collage, etc.
2. **Circle** three of the possibilities on your list that light you up!
3. Now look at your life in the next five weeks, see what real-life options are available to you, and **choose one** of the circled activities to manifest.
4. Now create your **plan**:

Date: _____ Time: _____

Activity: _____

Materials: _____

Preparation (scheduling, child care, etc.): _____

On a scale of 1 - 10, how nurturing will this be for you? _____

How do you imagine you'll feel during and after? _____

5. **Write** your Transformational Self Care date/time on the calendar provided.
IMPORTANT: Be sure to **record the date in your daily calendar**, as well.

~ Transformational Self Care Calendar ~

Choose a **Core Element** to focus on each week in whatever order calls to you: *Creative Expression, Embodiment, Connection, Nature, or Spiritual Nourishment & Ritual*. Fill in the applicable dates in the circles. **Write in the time and date** of the Transformational Self Care activity you're committing to and are so excited about!

Core Element	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<input type="circle"/>						
	<input type="circle"/>						
	<input type="circle"/>						
	<input type="circle"/>						
	<input type="circle"/>						



Helpful Hints for Manifesting Sacred Balance:

1. Did you actually **transfer the dates/times to your own calendar**? If not, do so right now. Anything that isn't in your calendar is easy to forget or double-book.
2. Think of this as **a date with your Radiant-Self**. Look forward to this special time with her and don't let her down. **She deserves respect.**
3. If something pressing comes up at the same time as your Transformational Self Care activity, **DON'T just cross it off the calendar** and allow it to be forfeited. If you need to reschedule do so immediately by writing the activity into a new date/time. Once it's on the calendar, don't let your Transformational Self Care be canceled or sacrificed. It's important!
4. **Get yourself some Compassionate Accountability.** Do a Transformational Self Care activity with a friend. Tell your therapist your plan and ask her to check in with you afterward. Sign up for a class that fills you with joy. Dance class anyone?
5. Do you notice that your Transformational Self Care keeps getting bumped further ahead without ever really happening? Then **you may have an inner mindset block preventing you from giving this to yourself**. This is where coaching is tremendously valuable. Here you can learn Mindset Mastery tools and techniques to help shift and heal those limiting beliefs.



*Would you like to hear more about **the sacred support** I offer women on this journey? If so, I'm delighted to invite you to a **Complimentary Breakthrough Session** with me. Simply **click the button to sign up >>***



[Click Here to Sign Up!](#)

