

THE WOMEN'S CODE

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Congratulations! By downloading this Action Sheet you have successfully taken your first step toward better balance. The Women's Code is the Foolproof Fix That Takes Your From Overwhelmed to Awesome.

Print this action sheet and answer the two questions below and get ready to take control of your busy life.

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1. **What area of your life do you want to improve most?** You see, being clear about what you want is always the first step of awareness. With awareness you get clear about how you want to feel and what things need your focus immediately.

2. **What gives you the greatest joy?** What makes you feel good about yourself? Knowing what event/thing/activity can create that sense of well-being is a very important part of finding balance quickly when things go out of whack.



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These are the main things that I am balancing:

My main focus will be:

This is what's happening to me:

I struggle with this, this needs improvement:

I am worth it. This is what I will do for myself:

I will get help with this:
