

## **Balance & Renewal Self-Check**

*A gentle reflection to help you notice where you feel aligned and where you might invite more care*

### **Introduction**

This self-check invites you to pause and reflect on different areas of your life — not to judge or rate yourself, but to simply notice. Awareness is the first step toward balance and renewal. Take your time with each section, breathe deeply, and listen with curiosity to what arises.

### **Body & Movement**

How am I nourishing and moving my body right now?

What does my body need more (or less) of?

How do I honor my body's natural rhythms of energy and rest?

### **Mind & Emotions**

What supports my mental clarity and emotional balance?

Are there thoughts or emotions I've been avoiding that need gentle attention?

How can I bring more kindness and calm to my inner world?

### **Relationships & Connection**

Who or what helps me feel seen, supported, and connected?

Where might I want to nurture or create deeper connection?

How do I show up with presence and compassion in my relationships?

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## **Purpose & Growth**

What gives my days meaning and direction?

How am I honoring my values and what truly matters to me?

What areas of growth or learning are calling to me right now?

## **Environment & Surroundings**

How does my space support or drain my well-being?

Where might I bring more simplicity, light, or nature into my surroundings?

How can my environment better reflect who I am becoming?

## **Rest & Renewal**

What does true rest look like for me — physically, emotionally, and spiritually?

Do I allow myself time to recharge without guilt?

How might I create more moments of stillness and restoration in my days?

## **Closing Reflection**

Balance isn't about perfection — it's about awareness, care, and gentle realignment.

Where do I feel most in harmony right now?

What's one small step I could take to invite more balance into my life?

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