



CONSCIOUS FEMALE ENTREPRENEUR AUDIT WORKBOOK



LIFE AUDIT & RADICAL SELF CARE

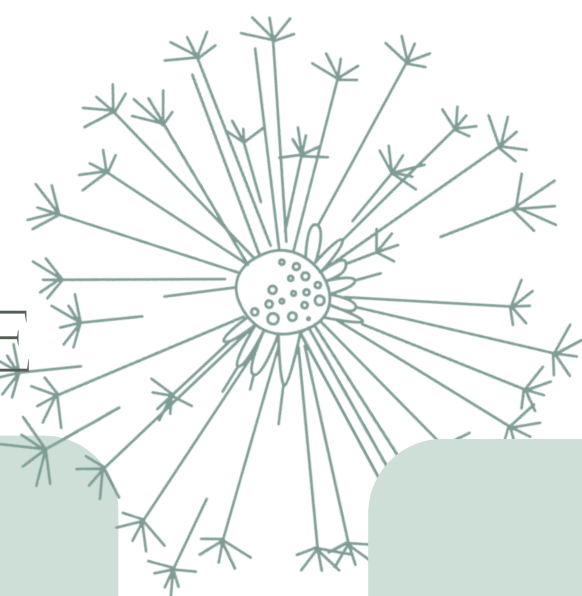
DATE



BALANCE

HOW DOES YOUR SEE-SAW LOOK?

HORMONAL BALANCE



DIET

SLEEP

WATER INTAKE



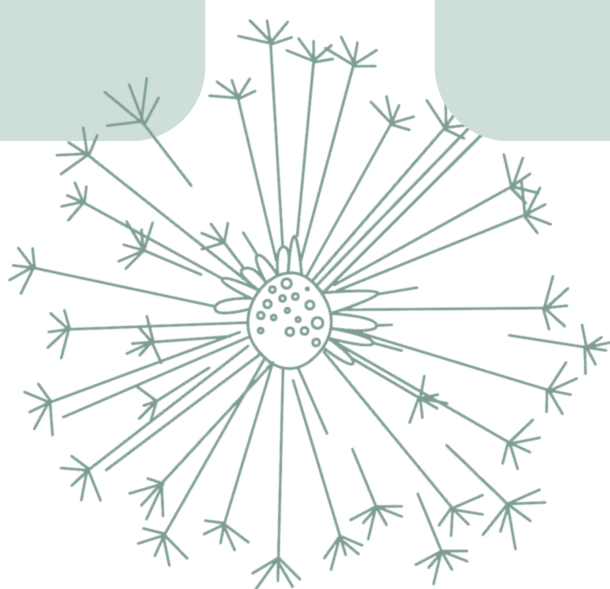
STRESS

EXERCISE

WORK LIFE BALANCE

TOXIC LOAD

TIME FOR YOU



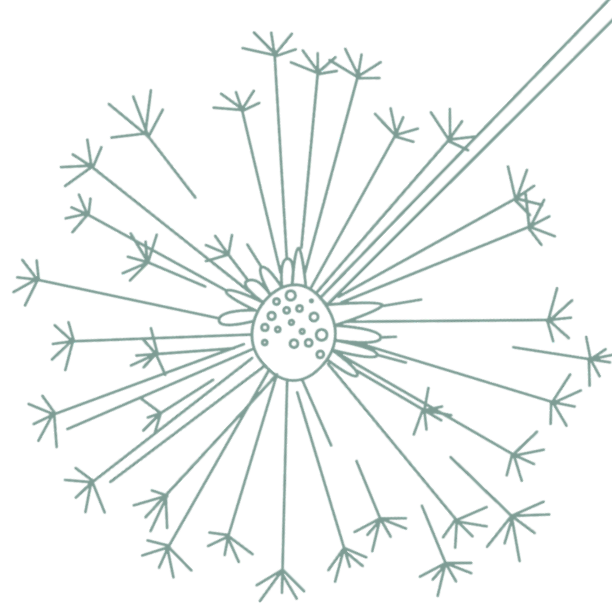


MAKE A LIST OF EVERYTHING THAT CREATES
STRESS FOR YOU



LIFE AUDIT & RADICAL SELF CARE

Date :



ACTION PLAN CHECKLIST

NOTE ALL OF THE THINGS AS WE WORK THROUGH
THAT YOU CAN CLEARLY SEE WILL HELP WITH YOUR
CHANGE LIST



CONTACT DETAILS

CONTACT DETAILS

ESSENTIAL OILS AND NATURAL SUPPLEMENTS

JULES@ESSENCEOF.LIFE

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INSTAG
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FB WAKE UP WISE UP AND FLOURISH

FB GROUP
WAKE UP WISE UP AND FLOURISH
TRIBE

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