

CULTIVAT E

THE CULTIVATE BETTER BALANCE
WORKSHEET

THIS QUICK EXERCISE WORKBOOK
IS DESIGNED TO GET YOU
IMPLEMENTING HEALTHY
BOUNDARIES SO THAT YOU CAN
GET YOUR LIFE, TIME + EMOTIONAL
LABOUR BACK

BALANCE

LET'S HAVE A LIFE TALK

CONFRONTING ISSUES WITH INTEGRATING BOUNDARIES

STEP INTO THIS EXERCISE WITH ME AS WE WORK TO UNCOVER AREAS OF YOUR LIFE THAT HAVE LOOSE, INCONSISTENT OR NONEXISTENT BOUNDARIES - WE FIRST MUST BE ABLE TO IDENTIFY WHAT AREAS YOU NEED MOST SUPPORT IN BEFORE WORKING TO REMEDY THEM + INTEGRATE THE BOUNDARIES.

WHAT ARE YOU MANIFESTING MORE (OR LESS) OF IN YOUR LIFE?

WHAT ARE SOME AREAS IN YOUR LIFE THAT YOU OFTEN FIND YOURSELF THINKING "I WISH I COULD SPEND LESS TIME ON MY PHONE" OR "IF ONLY I WASN'T (BLANK), I WOULD HAVE MORE FREEDOM TO (BLANK)....I'LL START BY SHARING AN EXAMPLE + THEN REST IS UP TO YOU!

GET CREATIVE. GET HONEST

EXERCISE SPACE

- I WISH I DIDN'T FEEL GUILTY FOR TAKING TIME OFF

MAKE YOUR WISHES

A REALITY

WITH YOUR MANIFESTATIONS IN MIND,
WE CAN NOW WORK TO IMPLEMENT BOUNDARIES
WHERE THEY MAY BE LACKING IN ORDER TO
BRING FORTH WHAT YOU'VE BEEN STRIVING TO
CALL IN.

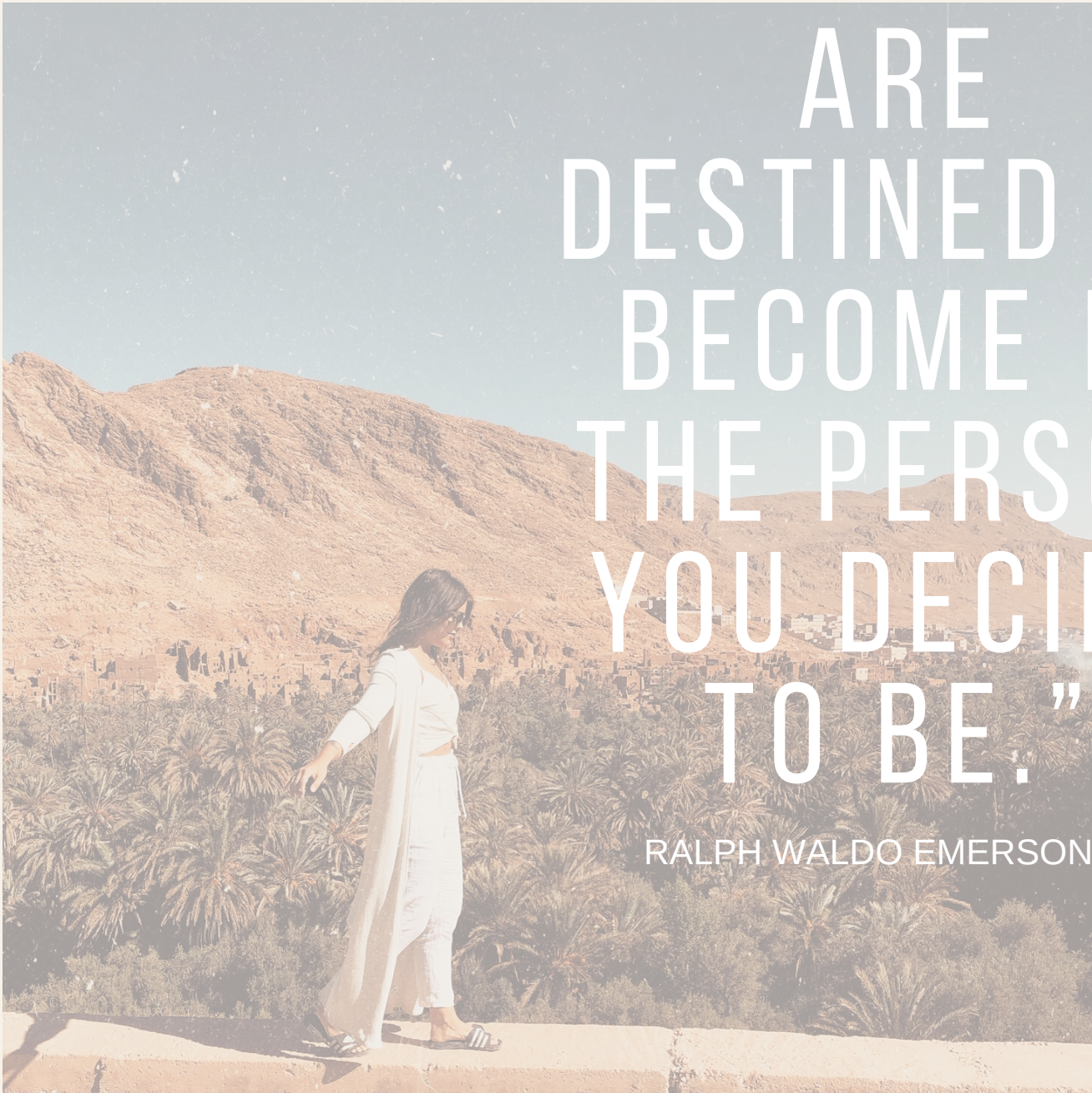
WHAT ARE SOME ACTION STEPS TO CREATING CLEAR
BOUNDARIES AROUND THE PIECES YOU LISTED ON THE
LAST PAGE? I'LL START.

EXERCISE SPACE

-MORNING PAGES. THANK YOU JULIA CAMERON FOR THIS GIFT TO HUMANKIND. SERIOUSLY! (MORNING PAGES ARE FROM THE BOOK "THE ARTIST WAY" + ARE SIMPLY THREE PAGES OF FREE FLOW WRITING FIRST THING IN THE MORNING.) FOR ME, THIS IS A NON NEGOTIABLE BOUNDARY FOR MY MENTAL + SPIRITUAL WELLBEING.

"THE ONLY
PERSON YOU
ARE
DESTINED TO
BECOME IS
THE PERSON
YOU DECIDE
TO BE."

RALPH WALDO EMERSON



SO WHAT'S NEXT?!

"THE RETURN TO YOURSELF" MENTORING ONE MONTH IMMERSION PROGRAM

*IF THESE FREE WORKBOOKS + MESSAGES HAVE BEEN
RESONATING STRONGLY WITH A PART OF YOU, + YOU'VE BEEN FEELING THE CALL OF
EXPANSION + STEPPING FURTHER INTO YOUR OWN SELF, I WOULD LOVE FOR YOU TO
REACH OUT ABOUT JOINING ME IN MY UPCOMING IMMERSION + MENTORSHIP
PROGRAM I HAVE COMING IN, FALL 2020!*

*FOR YEARS I HAVE BEEN MENTORING IN PERSON, BEFORE AND AFTER CLASSES,
THROUGH TEACHING, + GROWING IN THIS HUMAN FORM.*

*I WANT TO CONTINUE TO OFFER MY WORK IN
A MORE ACCESSIBLE WAY + BE OF SERVICE IN A MORE TANGIBLE
WAY TO PEOPLE WHO MAYBE CAN'T MAKE IT TO MY CLASSES WEEK BY WEEK.*

*I HAVE CREATED SOMETHING I AM REALLY PROUD OF + HOPE IT WILL LIGHT YOU UP
+ INSPIRE YOU TO MOVE FOWARD IN WHATEVER GOALS YOU MAY HAVE.*

*IN THE MEAN TIME: if you're feeling called to work with me on your own personal
journey, please reach out + we can tailor a healing session specifically to what you
might be calling in/working through.*

*this work continually brings me back to my unwavering desire to share, serve + see
you as you are, wherever you are in your journey. as always, please email me at
info@vanessadezutter.com if you have any questions or comments!*

*if you loved this workbook + felt it helpful in your process, please feel free to share
+ tag me on instagram so that i can see all of your beautiful + nourishing
boundaries! find me @vanessadezutter*

*with you,
encouraging you,
seeing you, V.*