



**INNER BOSS**  
*Outer Balance*  
**STARTER KIT**

CHANNEL YOUR INNER KNOWING TO MAKE SMART  
& HEALTHY REACTIONS MORE CONSISTENTLY IN  
THE CORE PILLARS OF WELLNESS

**FOOD • FITNESS • FOCUS •  
FRIENDS & FAMILY • FUTURE**

**WHOLEHARDY HEALTH, LLC**

TEACHING YOU HOW TO CREATE A HEALTHIER MIND  
SO YOU CAN BECOME YOUR HEALTHIEST SELF.

**WHOLEHARDY.COM**

Welcome!

# Let's Get Started!

## FAST TRACK OPTION

### ONE-ON-ONE GUIDANCE & SUPPORT

---

***Congratulations*** on taking this step to create your OWN path towards living as your healthiest, happiest, most focused and fulfilled self!

If you're like many of the women I've helped, you've made countless attempts, trying dozens of methods to step into the YOU that you want to be. The purpose of the **Inner Boss, Outer Balance: Quarantine Comeback Edition** is to help you first get CLEAR on what you want, why you want it, what's stopping you, and how to get there. THIS is the pre-requisite to starting ANY program or method!

**And there's a BONUS for you:** If you're a fast track kinda gal, you can jump on a FREE call with me to walk through this framework! Don't let this guide collect dust in your inbox or on your printer. Take accelerated action by talking through it, step-by-step with a certified Mind-Body Coach!

**Save your spot for a free 30-minute Mind-Body Breakthrough Session by visiting the scheduling page below!**

<https://WholeHardy.as.me/FreeSession>

Part 1:

# "WDYWFY"

## WHAT DO YOU WANT FOR YOURSELF?

### VISION

---

What is your vision for a vibrant healthy you? Be as specific & detailed as you can. How would you like to **think, feel & look**? What **activities** would you like to be able to do?

What **inspires** you about your vision of your optimal health & well-being? What does achieving your vision **make possible** in your personal & professional life?

**(VISION CONTINUED)**

---

What do you see as the key choices and behaviors that **support** your optimal health? What choices & behaviors would you need to **let go of** to reach your vision of optional health?

**HOLD ONTO**

**LET GO OF**

Lesson 2:

# WHAT'S THE POINT?

## WHY DO YOU WANT WHAT YOU WANT?

### VALUES

---

What do you want your health for?

What is most important to you as you think about the picture of your best health?

What matters most in your life and health? In Box 1, put when you were **happiest**. In Box 2, when you were most **proud**. Box 3, most **fulfilled**. In Box 4 list your top **values** based on your experiences of happiness, pride, and fulfillment.

Happiest

Proud

Fulfilled

Values

Part 3:

# TAKE ACTION

CHOOSE 2 ACTIONS TO TAKE THIS WEEK

## ACTION

---

**CONSIDER THE FIVE PILLARS OF WELLNESS:**

1. **FOOD:** FUNCTIONAL NUTRITION, EATING HABITS
2. **FITNESS:** METHOD, STYLE, FREQUENCY, ENERGY, SCHEDULE
3. **FOCUS:** MINDFULNESS, MEDITATION, STRESS, ANXIETY, SLEEP
4. **FRIENDS & FAMILY:** RELATIONSHIPS, COMMUNICATION
5. **FUTURE:** WORK, CAREER, PASSIONS, HOBBIES

**CHOOSE 1 PILLAR OF WELLNESS FROM THE LIST ABOVE THAT YOU'D LIKE TO START MAKING POSITIVE CHANGES IN FIRST. WRITE THAT PILLAR:**

**THEN, COMMIT TO TAKE 1 TO 2 ACTION STEPS THIS WEEK TO START CREATING PROGRESS IN YOUR CHOSEN PILLAR.**

### EXAMPLES:

- Map out workout schedule for the next 5 days
- Track meals & snacks in an app or in a notebook for 3 days
- Research meditation techniques, and perhaps try one this week
- Get a book on Sleep or Relationships from the library
- Spend 1 hour on personal development this weekend
- Delegate a project to a teammate
- **Schedule a free 30-minute session with a Certified Mind-Body Coach.**

Part 3:

# TAKE ACTION

CHOOSE 2 ACTIONS TO TAKE THIS WEEK

**ACTION**

---

**WRITE DOWN YOUR COMMITTED ACTION STEPS BELOW:**

**BONUS ACTION STEP!**

**IF YOU WANT TO ACCELERATE YOUR PROGRESS, SAVE YOUR SPOT FOR A FREE, 30-MINUTE, PRIVATE MIND-BODY BREAKTHROUGH SESSION!**

<https://WholeHardy.as.me/FreeSession>

Part 4:

# **FREESTYLE WRITING**

USE THIS SPACE FOR ADDITIONAL THOUGHTS

**FREESTYLE WRITING / DRAWING**

---