

5 DAY CHALLENGE

**LIVE LIFE
BALANCED**

With

Le'Siran Edwards

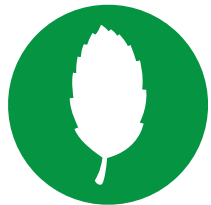
Hopewell Vision & Coaching

Welcome to Live Life Balanced Challenge

Ready to get started?



Meditation & Breathing Exercises



Life Assessment & Planning



Gratitude Exercises



Affirmations



DAY 1

How Can I Achieve Life Balance?

To start, click the below link, it's a 5 minute video by Fearless Soul talking about the importance of balance in our lives.

[https://www.youtube.com/
watch?v=HloRqgygPWO](https://www.youtube.com/watch?v=HloRqgygPWO)





Day 1 - How Can I Achieve Life Balance Video

Name the important areas of your life & scale in order of importance

1 (not important) 10 (very important)



Bloom

where you are planted



Day 2

Shut the Front Door!