



the  
fail-proof  
**FORMULA**  
to living a

**VIBRANT LIFE**

by  
**FINDING BALANCE**

Estie Alessandrini MD, PhD

## 3 KEY MESSAGES

how to instantly upgrade your wellbeing

how to effectively boost your happiness

the secret to WORK LIFE BALANCE

## WORK LIFE BALANCE

the state of equilibrium where you equally  
prioritize your work and personal life

## SIGNS THAT YOU'RE OFF BALANCE

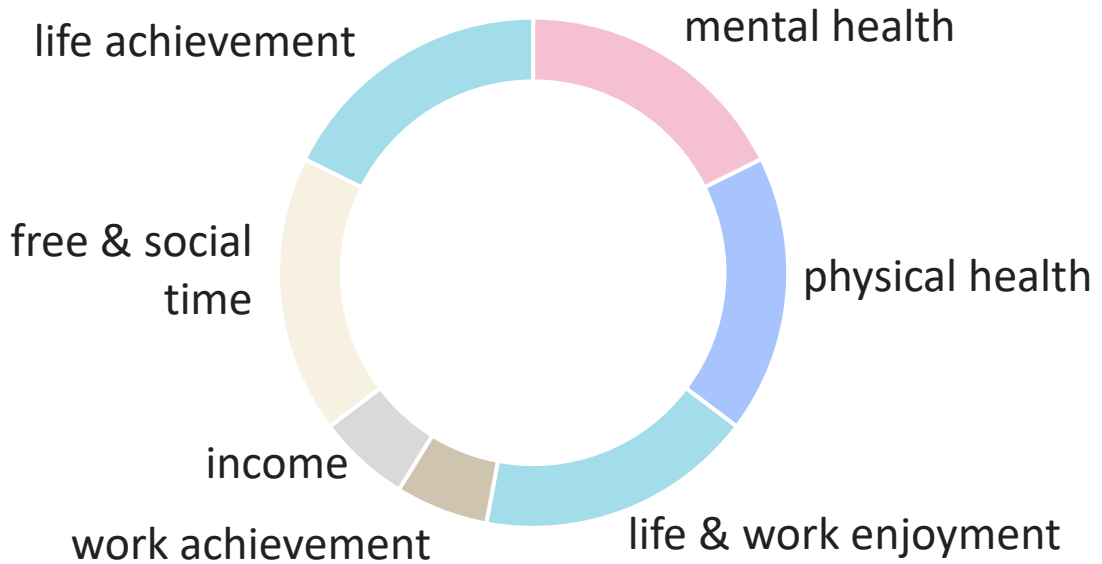
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# HOW TO MEASURE SUCCESS



MY NOTES

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# WORK LIFE BALANCE ACTION STEP ONE

define what the perfect life balance looks like for you

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# THE BALANCE FORMULA

Affirm &  
smile

Attain  
energy

Create a  
routine



Be  
determined

Love  
yourself

Nail  
minimalism

Expect the  
unexpected

MY NOTES

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**BE DETERMINED**  
**ACTION STEP TWO**

outline your life purpose

ENTREPRENEUR

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PARENT

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OTHER

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# AFFIRM & SMILE

## MANAGE YOUR MIND

### HAPPINESS

*when what you think what you say and what you do are in harmony*

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### EMOTIONAL INTELLIGENCE

*provides you with a better inner world to cope with the outside world*

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**AFFIRM & SMILE**  
**ACTION STEP THREE**

daily steps to boost your happiness and emotional intelligence

HAPPINESS

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# LOVE YOURSELF

HEALTHKICK BUILDING BLOCKS  
HEALTHYFAMILYANDME.COM



MY NOTES

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# LOVE YOURSELF ACTION STEP FOUR

create your own realistic LOVE YOURSELF plan

## CLEAN EATING

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## CLEVER DRINKING

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## ACTIVE BODY

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## HAPPY MIND

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[click here for clean eating tips, recipes and meal planners](#)

# **A**TTAIN ENERGY

MANAGE ENERGY SOURCES

FOODS

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TIME OUT

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SLEEP

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EXERCISE

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# **N**AIL MINIMALISM DECLUTTER

WORKSPACE

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HOME

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TECHNOLOGY

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RELATIONSHIPS

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# CREATE A ROUTINE

TIME BLOCK. TASK BATCH. HABIT STACK.

TIME BLOCK

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TASK BATCH

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HABIT STACK

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MY NOTES

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**CREATE A ROUTINE**  
**ACTION STEP SEVEN**

create a daily routine that works for you

MORNING

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AFTERNOON

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EVENING

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# EXPECT THE UNEXPECTED ACTION STEP EIGHT

schedule your bombshell pomodoro

TIME OF DAY

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WHY

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BENEFITS

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# the secret to WORK LIFE BALANCE

stop \_\_\_\_\_

AND

just do it

START WHERE YOU ARE. USE WHAT YOU HAVE. DO WHAT YOU CAN

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# WORK LIFE BALANCE ACTION STEP TEN

date and time to get started

I WILL START FINDING WAYS TO BALANCE WORK  
AND LIFE AND LIVE THE VIBRANT LIFE I DESERVE  
ON THIS DAY

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I WILL KICKSTART THE PROCESS BY COMPLETING  
THE 10 ACTION STEPS ON THIS DAY

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# how to kickstart YOUR HEALTH & HAPPINESS

visit <https://healthyfamilyandme.com/balance> to get access

## HEALTHKICK DETOX CLEANSE

the body cleanse challenge to feel happier, healthier & energized in just 7 days



## FAST TRACK WORKBOOK

super boost your detox and get the best results in the shortest possible time

## KICKASS MORNING ROUTINE

power routine bundle to start your day strong & radiate positive vibes, including the 5-minute emergency routine



## VISIT THE BLOG

stay up to date with the latest healthy living, parenting and mom life trends

## JOIN OUR COMMUNITY

and be the first to get access to all the best freebies & fun stuff



# any QUESTIONS, COMMENTS or COLLABORATION IDEAS

email me



*Estie Alessandrini MD, PhD*  
[Estie@HealthyFamilyandMe.com](mailto:Estie@HealthyFamilyandMe.com)

visit the blog



[HealthyFamilyandMe.com](http://HealthyFamilyandMe.com)

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