

BALANCED *Day Blueprint*

A SIMPLE PLANNER FOR HEART-LED MOMS AND
ENTREPRENEURS



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welcome, love

I'm so glad you're here.

This *Balanced Day Blueprint* was born out of my own search for peace and purpose in the middle of motherhood, business, and real life. If you're juggling nap schedules, client calls, laundry piles, and big dreams — this space is for you.

This isn't just a planner — it's a permission slip.

Permission to slow down.

To breathe.

To design a day that supports you — not just what needs to get done.

Whether you're running a business from your kitchen table, homeschooling your children, showing up for your clients, or simply trying to make it through the day with your sanity and heart intact — I see you. This tool is meant to bring rhythm, clarity, and a little more you into your every day.

Take what you need. Leave what doesn't fit.

This is your blueprint — make it your own.

With love & intention,

Jamie

Labor of Love for Birth & Beyond

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how to use this planner

This planner is designed to gently guide you through your week with intention and grace — not overwhelm. Here's a quick breakdown of how to use each section:

Weekly Rhythm Overview

Start each week with intention. Map out the general flow of your days — not to control your time, but to create space for what truly matters. Focus on energy over perfection.

Daily Plan Template

These are your grounding place. Each morning (or the night before), set your top priorities — the most meaningful tasks or intentions for the day. Then block out your time with flexibility and love.

You have space for your daily agenda, priorities, self-care, affirmations, connections, meals, and gratitude.

Remember: this is not a productivity race. It's a tool to help you align your actions with what matters most.

End-of-Day Reflection

Pause. Breathe. Reflect. This page invites you to slow down and check in with yourself. What went well? What felt hard? What needs to shift tomorrow? Let your answers guide your rhythm with compassion — not critique.

how to use, continued

Affirmation Sheet

Come back to your truth. Use this space to write (or repeat) affirmations that ground you in confidence, peace, and purpose. You can add your own or draw from favorites that speak to your current season.

Monthly Goal Sheet

Set your intentions across different areas of your life — from family to finances, creativity to wellness. This page is your monthly compass, helping you stay focused on what truly matters to you.

Monthly Meal Planning

Simplify your meals and reduce decision fatigue by planning ahead. Use this space to brainstorm dinner ideas, prep plans, or repeatable rhythms that nourish your whole household.

Blank Journal Page

This is your space for whatever you need. Doodle, brain dump, dream big, or get it all out. There's no wrong way to use it — just follow what feels supportive.

Make it Yours

Use these pages as often as you need. Reprint your favorites. Skip what doesn't serve you. And most of all — let this be a soft place to land when life feels full. You're not behind. You're right on time. And you're doing beautifully.

WEEKLY RHYTHM OVERVIEW

WEEK OF:

SELF-CARE FOCUS:

TOP GOALS FOR THE WEEK:

FAMILY INTENTION:

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING							
MIDDAY							
EVENING							

DAILY PLAN

Do more of what you love

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TOP 3 PRIORITIES

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SELF - CARE REMINDER

DAILY AFFIRMATION

CONNECT WITH

MEALS + MOVEMENT

GRATITUDE + NOTES

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END OF DAY REFLECTION

I CLOSE THIS DAY IN PEACE AND GRATITUDE.

WHAT WENT WELL OR FELT DIFFICULT?

WHAT DO I NEED TO LET GO OF OR SHIFT OVER?

HOW DID I SHOW UP TODAY FOR MY GROWTH?

AFFIRMATIONS

SIMPLICITY & BALANCE

I choose to simplify my life and let go of what no longer serves me.
I make space for peace and clarity in my daily life.
I honor my time and energy by setting healthy boundaries.
I give myself permission to slow down and breathe.
I trust that I have enough, I do enough, and I am enough.

MINDFULNESS & INNER PEACE

I am fully present in this moment.
I release stress and welcome calm.
I breathe in peace and breathe out worry.
I create moments of stillness throughout my day.
I am safe, supported, and deeply grounded.

SELF-LOVE & HEALING

I love and accept myself exactly as I am. – Louise Hay
Every cell in my body is filled with healing energy. – Louise Hay
I am worthy of love, joy, and all good things. – Louise Hay
I choose to think loving and supportive thoughts about myself. – Louise Hay
I approve of myself and trust the process of life. – Louise Hay

PRODUCTIVITY & GROWTH

I take small steps each day toward my goals.
I am capable, strong, and resilient.
I embrace progress over perfection.
I attract opportunities that align with my purpose.
I trust that everything is unfolding for my highest good.

ABUNDANCE & GRATITUDE

I am grateful for everything I have and all that is coming my way.
I attract abundance effortlessly and with ease. – Louise Hay
I release all fear and welcome joy into my life.
The universe supports me in every possible way. – Louise Hay
I am open to receiving love, success, and happiness.

GOALS

FOR THE MONTH OF:

PERSONAL GROWTH

SELF-CARE &
CONNECTION



FAMILY &
RELATIONSHIPS



HOME & ENVIRONMENT



JOY & CREATIVITY

BUSINESS & PURPOSE



HEALTH &
WELLNESS

FINANCES & ABUNDANCE

Do more of what you love

MONTHLY MEAL PLAN

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

dear beautiful,

I hope this little blueprint has reminded you that you don't need to do it all — you just need to do what matters *most*, with love and intention.

You're *not behind*. You're *not failing*.

You're building something sacred — a life, a business, a legacy — in your own rhythm and in your own way.

Take what serves you from these pages. *Let the rest go*.

And above all, **be kind to yourself** as you keep showing up with an open heart.

You've got this — and you're never walking alone.

With all my love,

Jamie

Labor of Love for Birth & Beyond

Craving deeper support?

Whether you're navigating a new season, growing your business, or simply longing for more clarity and calm — I'm here for you.

Let's walk this journey together.

Book a free session here:

<https://calendly.com/jamiesossamon/free-consultation>