

Balance Axis™ Worksheet

The Balance Axis™ framework helps you connect dreams with action by focusing on three essential anchors: Planning, Prioritization, and Partnership. Use this worksheet to reflect and take small, meaningful steps toward your wellness and life goals.

1. Planning—What's the goal?

Planning gives your dreams direction. Identify one goal you're working toward and outline the steps you can take this week.

Goal:	
Steps this week:	

2. Prioritization—Why does it matter now?

Prioritization keeps you focused on what matters most. List your top 3 reasons this goal is a priority this week and note any distractions you need to set aside.

Top 3 Priorities	Distractions to Release



3. Partnership—Who can support me?

Partnership provides the support that turns effort into endurance. Who can you connect with for accountability, encouragement, or collaboration this week?

Person/Group	Type of Support

Reflection

What result would let you know you are living in action rather than fantasy this week? Write it down as a reminder to celebrate progress, not just outcomes.

My evidence of action this week: