

Balance Warriors Masterclass Course Outline and Modules

Welcome Message and Masterclass Objectives

- Welcome Video
- The Parking Lot and Structure of the Masterclass
- Our Masterclass Philosophy: Anti-Hustle
- Permission Granted: An Exercise in Radical Self-Love
- Balance Warriors Self-Assessment
- The MiniClass
- Balance Warrior Mentality 101

The Balance Warrior Mentality and Manifesto

- What Does It Mean to Be a Warrior?
- What is a Balance Warrior?
- Balance Warriors Guiding Principles
- Busting the Myths of Whole Life Balance
- Personal Purpose Statement/Vision
- 5/5/5 Ecosystem: The Warrior Workshop

Our Subconscious Patterns and Beliefs

- Beliefs and Thought Patterns that Shape our Business and Our Lives
- Your Career Demands a Growth Mindset
- Your Money Story
- Warrior Wisdom: Unraving your Money Story
- Warrior Wisdom: Success Reflection
- Measuring the Unmeasurable: Success
- Your Value and Worth
- Repetitive Messages Repeat (For Years)
- Your Inner Critic

Whole Life Balance is Not a Trend

- A Quick History Lesson
- Why Whole Life Balance is Important
- Check Yourself: Signs of Imbalance
- The Body-Business Connection

- Even Entrepreneurs Need Maintenance Checks

Masterclass Midpoint

- Checking in at the Halfway Point

Managing Whole Life Balance at Work

- Revolutionary Your Business with Rituals
- Reverence for Rituals: Why We Love Them and Why They Work
- Pick Your Ritual and Stick to It
- Come On (Don't) Feel the Noise
- Leave What Belongs at Home...at Home
- Time Management and Task Prioritization Methods
- Get Healthy and Lean on a Support Network
- Hold Yourself Accountable and Outsource Needs
- Declutter Your Business and Life
- Create Room to Breathe
- Warrior Up: Goals, Goals, Goals
- Breaking Through the Resistance to Goals and Productivity
- How to Break Through Resistance
- Workload Paralysis

Managing Whole Life Balance at Home

- Creating and Communicating Boundaries
- A transition Routine and Disconnecting
- Your Tribe

Masterclass Wrap Up

- Lessons Learned
- Hero's Journey
- Masterclass Goals: A Review
- Masterclass Survey