

Achieve a Balanced life through Personal Transformation

Learn how to overcome chaos in life through balance.

Are you struggling to create balance in order in your life?

Do you feel confused and overwhelmed with juggling your own time, work and family?

And that no matter how hard you try, you just can't seem to find peace?

Hi, I'm Monika Lejman, the founder of The BLNC-D Program - Achieve Balance through Personal Transformation, and in this guide we'll cover:

- 1.** How Rapid Transformational Therapy can help you reveal your unbalanced patterns
- 2.** How to create new habits for your body, mind and heart that will help you thrive in life
- 3.** How to establish your new core values to help you optimize your time, clarifying your purpose and cope with changes in life.

So let's dive deeper .

Avoiding The Big Mistake

The big mistake we often do in life is when we put energy into habits that are damaging your growth. And why is it so devastating ?

Because you get stuck in the hamster wheel of life and end up NOT living the life that you desire .

So what is the Key to avoiding the big mistake, when it comes to successfully changing your life patterns?

The Key is a Personal guide to Transformation.

The reason why the BLNC-D program is so effective is because the journey to transformation is uniquely yours and has to therefore be treated as a personalised transformation, based on your end goals to living a balanced life.

Step 1/9 Rapid Transformational Therapy

- Reveal your unbalanced patterns

What is RTT® and why do we use it in the BLNC-D program ?

RAPID TRANSFORMATIONAL THERAPY® (OR RTT) is a hybrid therapy known for it's efficiency in discovering the root of a client's issue. Your personal transformation starts with you identifying your unbalanced patterns so you can let them go for good.

RTT® teaches you how to communicate with your subconscious mind, where our limiting beliefs reside, so we can directly access and fix whatever blockages you may hold.

RTT® uses techniques to deal with "unfinished business", meaning that it is a technique for addressing the pain that you may have felt for many years.

We access the root cause of the issue, which leads to an understanding of why and when it started.

Understanding this is powerful.

Next step in the process is to find a way to let go of the issue for good.

This is where the work starts.

We move positively forward, creating the life that you want.

Following the RTT session, a personal transformation audio is specifically provided for you. The recording rewires the brain to accept your new beliefs so that you can start changing in a permanent way.

Step 2/9 The BLNC-D Workbook

A deep dive into your Inner world

Creating your own path to a more balanced life starts with you.

You have the power!

Achieving a balanced and healthy lifestyle is something that takes time and commitment. Let's not sugar coat this. . . You will need to put in the work.

But with that said, it takes around 21 days to get new habits to stick.

By giving you the tools that you need to start on your BLNC-D journey you will definitely feel inspired and motivated to stay true to your intention.

And remember, you are the creator of your life path.

This workbook is just the guide to your personal transformation.

It includes :

- * Everyday Journaling prompts
- * Gratitude practise
- * Intention setting
- * Morning and Evening routine tracker
- * Weekly Check In
- * Weekly Brain dump

Step 3/9 Establishing your contract to yourself. Set your intentions for a better You.

In order to move on with your path to creating a balanced life you need to write your own contract that will help you be accountable to yourself and your vision of a better you. This will help you stay with your intention and remind you of what it is you want to change... or shall we say :

What you want to see progress in.

Knowing what you want, will allow you to make this more real.

You have the capacity of being who you want to be.

And you know what the best part is?

It is totally ok to change your path during your journey.

It actually makes it more interesting and leaves room for growth and experiencing your life to the fullest.

Changing your path is not a failure, It is as natural as breathing. For without change there is no growth and without growth there is no chance in seeing your intention coming to life.

And please know that it's possible to achieve your intention.

Believe that you are more than what the world tells you, you are!

Step 4/9 Creating new Habits - Body Transformation

Most people want to create at least one good habit, or give up a bad habit. Creating healthy habits helps with mental health and wellbeing.

The Body Transformation is not only a workout plan to put you on a path of longevity, but also a creativity challenge.

What you create is what you perceive

If you are looking for some change in your life, experience the change you are in.

It's all about living in the frequency of what you want to create.

Be in the frequency, express it and feel it..

So rather than feeling saddened, stuck or defeated, you feel empowered to change what isn't working in your life, land on- track to create a better version of "you" in for now, the future and beyond!

Step 5/9 Creating new Habits - Mind Transformation

Everything is energy; words we speak, thoughts we think, emotions we feel, colours, people, foods, places, music, art, plants - everything!

We think and speak our reality into existence. The thoughts we think and the words we speak create emotions within us.

These emotions vibrate at a specific energy frequency. When we feel joyous and grateful, that is a totally different vibration than feeling depressed or angry. Our vibration is every second either creating more of what we want in our lives or more of what we don't want.

Our thoughts are like a boomerang, we send it out and it comes back to us.
Where focus goes, energy flows.

As you commit to live a more BLNC-D lifestyle, it has the potential to tip the scale so that you are more on the positive side.

Then life becomes even more interesting; if your vibration drop for some reason, maybe you'll be surprised when you notice that it doesn't affect you that hard anymore because your positive energy vibration is too strong.

You will find it easier to stop the thoughts that cause low vibration, and you just don't bother to keep yourself in a negative state, because when you have more and more control over your thoughts and emotions, you become a deliberate creator of your reality.

Step 6/9 Creating new Habits - Heart Transformation

You can be the instrument of change.

Evolve and learn to fully embody your inner world.

How do you do that?

By leading from the HEART.

And yes here we come to one of the most powerful tools of them all:

LOVE.

By being kind to yourself and allowing you to feel love for your- self, without having the guilt that you are selfish or egoistic, will open up a space for compassion.

Step 7/9 Establishing your Core values

Core Values Are What You Believe

Core values are traits or qualities that are not just worthwhile, they represent an individual's highest priorities, deeply held beliefs, and core, fundamental driving forces. They are the heart of what you stand for in the world.

Core values define what you believe and how you want to resonate with the external world.

By defining your core values you are defining yourself.

Core values are guiding principles because they form a solid core of who you are, what you believe, and who you are and want to be going forward.

Step 8/9 Establishing your Core values

Optimize your time and learn to cope with the changes

How can you maximize your time without increasing effort or spreading yourself too thin?

Can we stay on top of our to-do lists and not become overwhelmed by a full calendar?

The secret to achieving these things and handling whatever else life throws at us comes down to 'working smarter, not harder.'

Understanding how to do this will help you keep moving forward but still have time for the finer things in life.

That could include your family, friends, fun, or the amazingness of a comfortable couch and streaming videos.

Improve your experience by allowing yourself to find satisfaction in everything you do. Whether in good times or bad, always keep the faith that all will be well.

We all know that negativity happens to EVERYONE.

But if you choose to reframe your mind and spend more time solving the problem, you will take home lessons learned and worry less.

Step 9/9 Establishing your Core values

Clarify your purpose and follow through

Clarifying your purpose is an ongoing process, requiring plenty of time and reflection.

Purpose changes as we do. We don't stay the same throughout our lives, and our circumstances certainly shift as well, so our purpose necessarily evolves with us. If you want to live a balanced life true to what's most important to you, you won't define your purpose just once; you'll do it over and over again.

And as we all know, achieving balance is a journey that takes a step into Personal Transformation and growth. And when we say PERSONAL, this is exactly what we mean. We grow together as a community, but the path of your transformation is uniquely yours.

Whatever you feel is your goal and purpose, BLNC-D is here to guide and inspire you towards a life of your chosen BALANCE.

Moving forward into the future with BLNC-D, We dive deeper into inspired action through the elements

- * Water(Emotions),
- * Air (Movement),
- * Fire (Power)
- * Earth (Grounding),

We take you through each aspect of your life to find the key element to your transformative journey.