



7 days
to
less stress
(even if you don't have time or energy)

www.jennylytle.com





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<https://www.jennylytle.com/guide>



A less-stressed version of YOU is within reach

Life is busy, and it can be tough to carve out time for the stress relievers we all know work.

What if it could be simpler?

It truly doesn't have to take a lot of time or energy to take better care of ourselves.

I get it - I'm busy too. I love things like spa days and beach vacations, but we can't expect them to keep us calm and peaceful in everyday life.

To function at our best we need to care for ourselves not necessarily *more*, but *in a way that will have a bigger impact*.

I empower women and caregivers to prioritize practical, customized self-care and fit it into their already jam-packed lives.

"Self-care isn't selfish, it's actually the way to make sure that you can continue to show up as your best self and care for all of those people you love to help." - Jenny Lytle

3 Simple Steps

This is a simplified version of The Becoming Method™, my flexible framework for getting you the transformation you're looking for as quickly and easily as possible.



Where are you
now?

step 1



Where do you
want to go?

step 2



How are you
going to get
there?

step 3



step 1

Getting Started...

You're feeling motivated, ready to take control of your one and only life and make the most of it ... but where do you start?

It can all feel so overwhelming. And when you don't have clarity, you don't take action. It's so common and so sad.

It's easy to think that now isn't the right time. We'll do it a little later. Which often turns into weeks, months, years, or never.

Now is the time.

Take just a few minutes and dig in.

"It's never too late to live the life of your dreams, and if not now, when?"

Jenny Lytle

step 1

Life Balance Wheel

In working with clients, I find that it's often easy to generalize: life is great or life is awful. Or sometimes it's more middle-of-the-road – everything is "ok".

But it's rare that EVERY area of life is the same.

Usually, there are some areas that are doing pretty well, and others that just aren't working.

**And that's where the
Life Balance Wheel
comes in.**

Common Categories:

- Career
- Finances
- Health
- Friends & Family
- Significant Other
- Home Environment
- Fun & Relaxation
- Personal & Spiritual Growth

step 1

Life Balance Wheel

Quickly work through each area on the wheel.

Rate it from 1 (very dissatisfied) to 10 (very satisfied).

DO NOT OVERTHINK THIS. Use the first number that pops into your head, not what you think it should be.

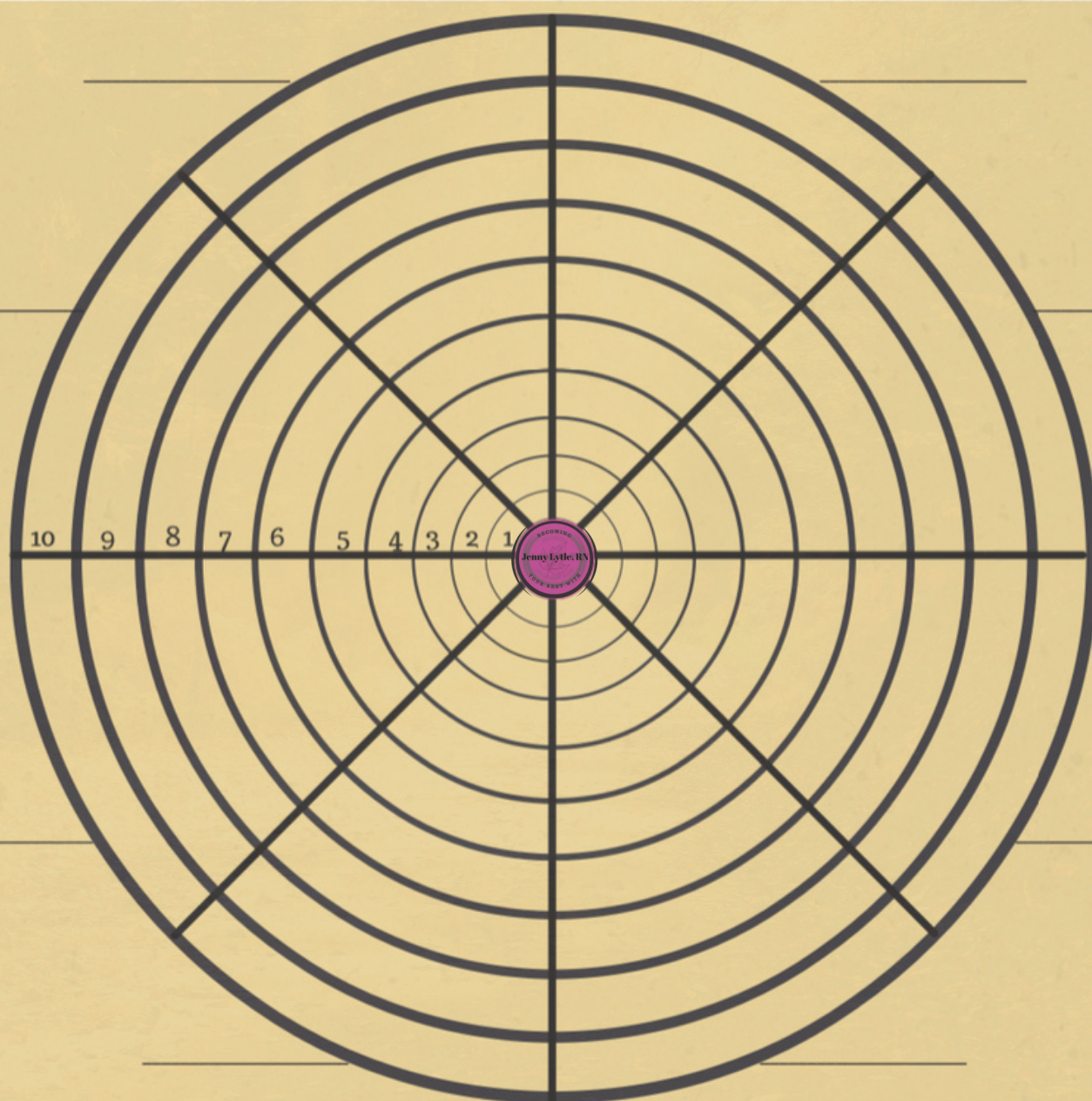
A circular Life Balance Wheel divided into eight equal segments. Each segment contains a life area name and a score line. The areas are: FINANCES, CAREER, HOME ENVIRONMENT, FRIENDS & FAMILY, HEALTH, FUN/RELAX, SIGNIFICANT OTHER, and GROWTH.

Area	Score
FINANCES	SCORE ____
CAREER	SCORE ____
HOME ENVIRONMENT	SCORE ____
FRIENDS & FAMILY	SCORE ____
HEALTH	SCORE ____
FUN/RELAX	SCORE ____
SIGNIFICANT OTHER	SCORE ____
GROWTH	SCORE ____

step 1

Life Balance Wheel- alternate

If you are more of a visual person, you may prefer to shade in the areas below. This can give you a clearer picture of the imbalances in your life.



step 1

Life Balance Wheel

Once you have completed your wheel, take a look at your numbers. How bumpy (unbalanced, uneven) is your ride if this is how you're getting through life? Then take a moment to reflect on the following questions.

What surprises you about your wheel?

What areas are better than you would have thought?

What areas could use some work?

step 2

Life Balance Wheel

Select three areas of your life that you'd like to see improve. Write out how you'd like these areas to look. Don't focus too much on *how* it can happen, just think about *what* you'd like to change for now.

1.

2.

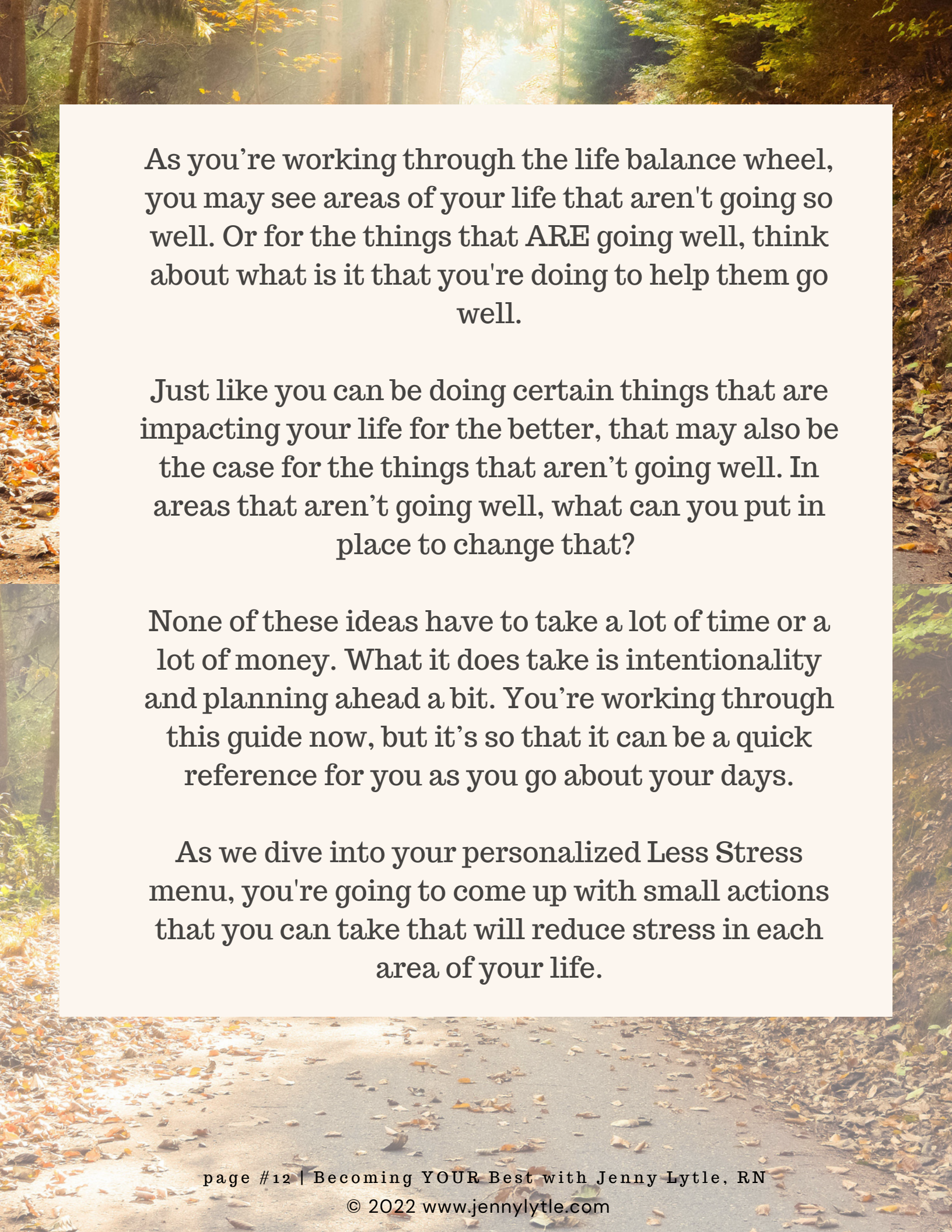
3.

Sometimes we just make it more complicated than it needs to be to de-stress and take care of ourselves. It doesn't have to take a lot of time.

I invite you as you work through this to keep an open mind - this is about what YOU want. Don't think about all of the things that you should be doing or that are supposed to be relaxing. Instead, only think about what it is that you like, what brings you joy, and what helps you feel less stressed and more relaxed.

For instance, I love massages, and I love going to the park. I love sitting in nature or reading a book. Maybe you're not a reader and you don't like being outside and all of those things are fine.

The important thing is for you to take a little bit of time to just think about what it is that you like to do. And that can be a four-wheeling in the mud if that's your thing, or sitting and doing nothing or doing some sort of craft or cooking (not really my idea of a relaxing time most of the time, but it's all up to what you like to do!) It's about what it takes for you to feel better, to feel energized, to feel relaxed, and to feel cared for.



As you're working through the life balance wheel, you may see areas of your life that aren't going so well. Or for the things that ARE going well, think about what is it that you're doing to help them go well.

Just like you can be doing certain things that are impacting your life for the better, that may also be the case for the things that aren't going well. In areas that aren't going well, what can you put in place to change that?

None of these ideas have to take a lot of time or a lot of money. What it does take is intentionality and planning ahead a bit. You're working through this guide now, but it's so that it can be a quick reference for you as you go about your days.

As we dive into your personalized Less Stress menu, you're going to come up with small actions that you can take that will reduce stress in each area of your life.

step 3

My Personalized Less Stress Menu

CAREER

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

FINANCES

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

HEALTH

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

FRIENDS & FAMILY

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

step 3

My Personalized Less Stress Menu

SIGNIFICANT OTHER

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

HOME ENVIRONMENT

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

FUN & RELAXATION

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PERSONAL & SPIRITUAL GROWTH

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Which way will you choose?

You've been brutally honest with yourself about what you'd like to change, and you've hopefully been encouraged by the areas that are going well. You've done the hard work - but you're not done yet.

Now you have a choice to make.

Will you stop here, or will you take small steps down the path to a calmer, more peaceful life?

You have a menu of options to help you destress. Go a step further - map out a plan for one week. (see example below) What things from your menu can you implement right away? Remember, keep it simple. Small changes can lead to big results!



7-Days to Less Stress Example

Start the day with something you love: reading, stretching, relaxing with coffee, etc.

DAY 1

Write down 3 specific things you are grateful for.

DAY 2

Set a reminder for each hour to get up and go for a 3-5 min walk.

DAY 3

Plan your day the night before.

DAY 4

Set aside time to journal, even just for 5 minutes. A brain dump can be very therapeutic!

DAY 5

Increase your water intake by one glass today.

DAY 6

Send a message to someone telling them what you appreciate about them.

DAY 7



dates:

weekly planner

m o n d a y

t u e s d a y

w e d n e s d a y

t h u r s d a y

f r i d a y

s a t u r d a y

s u n d a y

n o t e s

t o - d o l i s t

The bYb Roadmap

Here are some other ways to stay connected and continue on your journey to
Becoming the Best Version of YOU!

START

1

Join our free Facebook group

"The Becoming YOUR Best Community"
encouragement, support, and connection
for destressing and living your best life

2

Join our membership community

"The Peaceful Path to Less Stress"
monthly live coaching and Q&A, regular training
and sessions, and a caring community
- all at an amazingly low price

3

Check out the "8 Weeks to a Life YOU Love" transformational program

If you're looking to design a life you love,
live with intention, and you prefer to go
at your own pace, this is an ideal choice.

4

END

Work 1-on-1 with Jenny

The BECOMING Method™ Transformational 3-
month Coaching Package is the perfect option
for more individualized personal attention

THANK YOU

**I'm so proud of you for taking
time for yourself and
working through this!**

**I'd love to hear how this has impacted
you. Email me at
jennylytle@jennylytle.com**

**If you would like more details and step-
by-step instructions for this guide, click
here for a guided walkthrough.**

**Never Stop Becoming the Best
Version of YOU!**

**Love and Blessings,
Jenny**