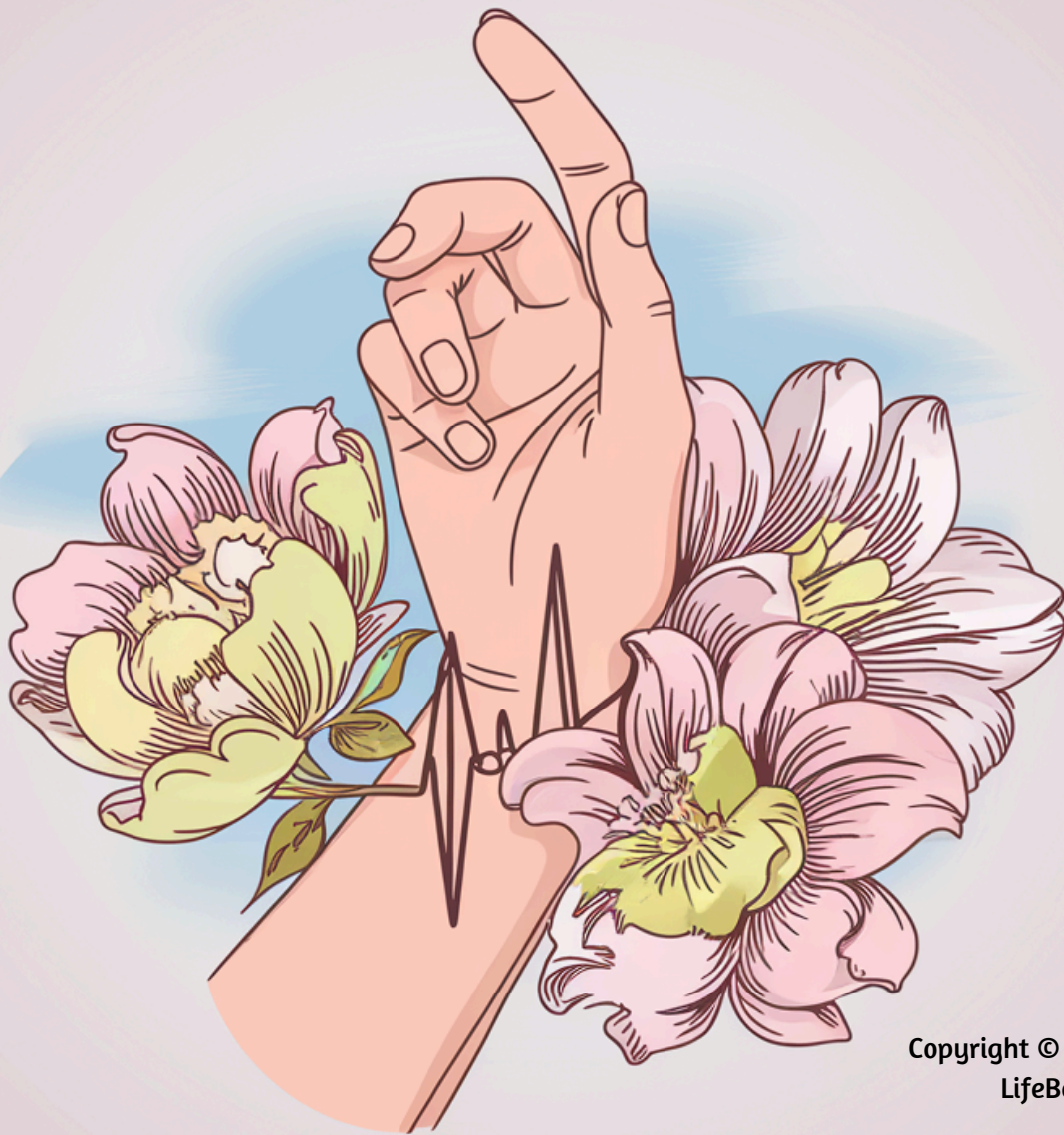


Check the pulse *Wellbeing log*

Tools to keep your hand on the pulse and
make your life better one day at a time!



Check the pulse *Wellbeing log*

In this fast changing world, it is easy to lose connection with yourself. It is easy to get caught up in a worries and thoughts buzzing in our heads.

From the moment we open our eyes, we start thinking of a never ending to-do list. Making sure everything is crossed off.

Taking care of work and home tasks.

Making sure our kids and pets have everything they need.

Caring for our partner/parent/family/friends...

But most importantly, in the middle of it's all we are loosing track of our own wellbeing. Of our own mental, emotional and physical state.

But how long can you keep going without filling your own cup?

How to determine what drags you down and what lifts you up.

Because the truth is, the tiny task can suck all of your energy and other gigantic one can fill you up and wise versa. It's all unique to you and what your days are filled with!

Use this tracker to keep your hand on the pulse and make your life better one day at a time!

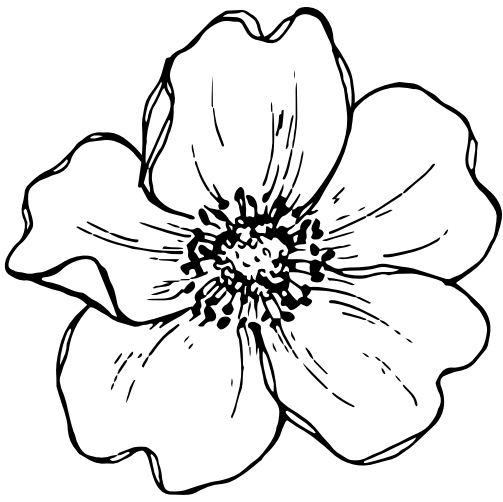


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About Me



I'm Anna, a transformational coach and inner guide who helps overwhelmed moms who are emotionally exhausted and feeling trapped in mundane to break free from societal scripts and craft their own formula of happiness so they can live beyond their wildest dreams.

I am a mom of 2, craft maniac and dance lover. I have been passionate about psychology for as long as I remember myself.

I have been lucky to learn from the greatest minds of our days such as Dr. Gordon Neufeld, Gabor Mater, Pat Ogden, Bessel van der Kolk.

I employ a holistic approach, seamlessly blending intellect with intuition to guide you towards your own enlightenment using coaching techniques, art therapy practices, mindfulness, visualizations, meditations, and more

Check the pulse *Wellbeing log*



I AM GRATEFUL TODAY
for you
taking a step
in crafting a life
FULL OF JOY AND FULFILLMENT!

Here how this log works.

Every day, in the morning and evening, rate how you feel on a scale from 1 to 10. (Where 1 is nearly dead state and 10 is the most radiant person on this planet.)

Additionally, at evening, rate your day load and make some notes of what type of load and tasks it was and all that you think will be helpful. Fill in the prompts and copy rates to a monthly sheet.

After a while you will start noticing patterns of your state and how it shifts depending on what your day looks like. You can always come back to daily logs and analyze what exactly influences you in a positive and negative way!

My wellbeing day log

_____ date

Morning _____
1-10

Evening _____
1-10

My day load _____
1-10

My score was affected most by

In a positive way

In a negative way

My wins for today

I am grateful today for

My wellbeing month chart

month

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Morning	Morning	Morning	Morning	Morning	Morning	Morning
-----	-----	-----	-----	-----	-----	-----
Evening	Evening	Evening	Evening	Evening	Evening	Evening
-----	-----	-----	-----	-----	-----	-----
Load	Load	Load	Load	Load	Load	Load
-----	-----	-----	-----	-----	-----	-----
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Morning	Morning	Morning	Morning	Morning	Morning	Morning
-----	-----	-----	-----	-----	-----	-----
Evening	Evening	Evening	Evening	Evening	Evening	Evening
-----	-----	-----	-----	-----	-----	-----
Load	Load	Load	Load	Load	Load	Load
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Morning	Morning	Morning	Morning	Morning	Morning	Morning
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Evening	Evening	Evening	Evening	Evening	Evening	Evening
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Load	Load	Load	Load	Load	Load	Load
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Morning	Morning	Morning	Morning	Morning	Morning	Morning
-----	-----	-----	-----	-----	-----	-----
Evening	Evening	Evening	Evening	Evening	Evening	Evening
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Load	Load	Load	Load	Load	Load	Load
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Morning	Morning	Morning	Morning			
-----	-----	-----	-----			
Evening	Evening	Evening	Evening			
-----	-----	-----	-----			
Load	Load	Load	Load			
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Is it really helps?

I use this tools with my clients, and originally it was created to cover the needs of one of them.
(Yes, that's what I do if my clients need something to progress!)

So is it works?

I want you to take a look at some of before and after of my clients to answer this question...

Before

At the beginning of my journey, I was

Tired, constantly "busy," irritated, addicted to social media.

Every morning I waited until evening to fall asleep, and so on in a circle.

I rarely left the house on weekdays, only when I really needed to. Insecure, with limited dreams.

I was tired of my life, I wanted to do something different, but I didn't know how.

My life looked like

Gray. With a constant background of thoughts in my head.
Emotionally limited.

Empty. Put on hold for another time.

Empty, pointless, restless.

After

Now I am

I started to find time for myself and at the same time get more done.

I have less "noise" in my head. I do everyday things with easy instead of constantly worried if everything is done.

I stopped blaming myself and chastising myself for my mistakes and "laziness".

I feel deep connection to myself and know where to go and most importantly how!

Now my life is

More full, with small joys that, as it turns out, were there before, but were not noticed.

More interesting and diverse.

Full of new experiences that I was afraid to dream about



Coloring Mood

Tracker



How to use it?

1. Print it out.
2. Fill in color-code by your preference and start tracking.
3. At the end of each day, reflect on what is overall mood you had thought that day, find the right cell by number and fill it in with the corresponding color!
4. Once you finished all 30 days, color the rest of the page, or before, it is really your call.
5. Now you have a beautiful representation of your mood for the past month. Take time to reflect and check in with your monthly wellbeing chart. What influenced you and how you can improve your life?

Coloring Mood Tracker

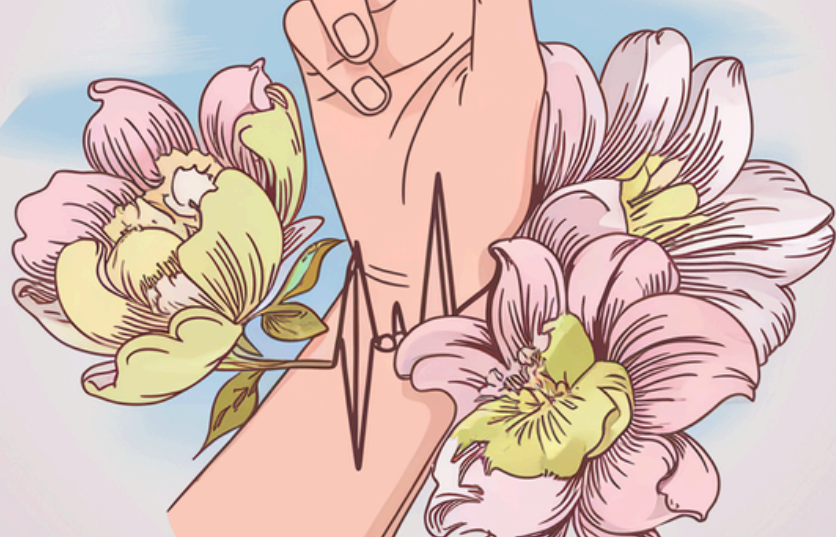
____/____/____ - ____/____/____
From date To date



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Color code:

- | | | | | | | |
|--------------------------------|-------------------------------|------------------------------------|----------------------------------|-------------------------------------|------------------------------------|--------------------------------|
| <input type="checkbox"/> Trust | <input type="checkbox"/> Joy | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Peace | <input type="checkbox"/> Excitement | <input type="checkbox"/> Optimism | <input type="checkbox"/> Love |
| <input type="checkbox"/> Anger | <input type="checkbox"/> Fear | <input type="checkbox"/> Sadness | <input type="checkbox"/> Anxiety | <input type="checkbox"/> Loneliness | <input type="checkbox"/> Confusion | <input type="checkbox"/> Guilt |



YOUR TRANSFORMATION FROM OVERWHELM TO HARMONY STARTS HERE

Why to work with me:

With rich background in psychology, art-therapy, aroma-therapy and multiple coaching certifications, my sessions are truly crafted under your need and preferences. Living in different countries gave me the opportunity to see the wider picture and see things that otherwise would be missed. Unique approach tailored to set you free so that you can bounce back from whatever life might throw at you in future!

Benefits of Working with Me:

I employ a holistic approach, meaning you will see ripple effects in all area of life. Knowing underlying psychology, I know how to guide deep, safely to a sustainable change that will last with the least resistance possible!

Services and Packages:

I have packages for any needs starting from a small 15 minutes call up to a 3+ month transformational journey!

- 15 min guided visualization
- 20 min flip script session
- 2 hour goal setting mastery
- 3 month 1-on-1

Reach me out for details or **custom** package!

Friend me on FB for ongoing support, live coaching, trainings and more!

Click to find me [Anna Bohuslavska](#)

YOUR THRIVE PATH BLUEPRINT



TUNE IN

In order to start moving, we need to know where we at and how did we get here. No judgment, no guilt or shame, as everything that lead you to this place made you YOU. And you are a beautiful soul who thrives for more.



TIME MASTERY

We need to become a friend with our time in order to deal with overwhelm. Fit in self-care and time for ourselves. And not to trigger brain resistance by sudden change, we are making a baby step and changing our current life one step at a time. Easy implementation, fast results, upleveling current state is the way to go! Micro Habits, Micro Changes, Micro Joys



TRUE SELF-RECONNECTION

We all need to have deep and strong connections with ourselves in order to align our life with our true values. We need to cultivate self-esteem, self-worth, self-love, self-care, self-compassion. We need to know what we want from life and what makes us happy.,



TARGET

On this step, we look at what “must” story you hold, what limiting beliefs you have. We break all those limits to make room for your true self, for your growth.



TRANSEND

Once we clear the way, we start moving towards our goals and desires. We make sure your age heading the best possible, most joyful way to your desired destination. We address new inner self talk, overcome outer obstacles and work with inner obstacles that arise.

YOUR SURPRISE GIFT



WANT TO WORK WITH ME **1-ON-1 FOR FREE** FOR **5 DAYS**, TO HELP YOU GO FROM *OVERWHELM* TO *HARMONY*?

[REQUEST DETAILS](#)

