



The Solace Shift™ Workbook

**5 SIMPLE STEPS TO START
SHIFTING FROM HUSTLE TO
HARMONY**

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Welcome to Your Shift

You are here because your spirit whispered: "There has to be another way."

And you were right.

This workbook is your first step toward The Solace Shift™—a guided process to help high-achieving individuals like you pause, reflect, and begin again... but this time, with intention.

This is not about doing more. It's about doing what matters most.

Grab your favorite journal, a quiet moment, and let's begin.



STEP 1

Self-Awareness Check-In

Where Are You Right Now?

Put a check next to all that apply:

- I often feel overwhelmed or emotionally drained
- I constantly put others' needs ahead of my own
- My calendar is full, but my heart feels empty
- I've achieved goals that look good but don't feel good
- I'm craving rest, clarity, and inner peace
- I've forgotten what truly lights me up
- I want to change, but I don't know where to start

Reflection Prompt:

Which of these statements hit the hardest—and why?

✦ _____

✦ _____

✦ _____



STEP 2

Your Daily Harmony Practices

5 Daily Shifts to Ground You in Peace

Complete one or more each day this week. Reflect below.

- 1. Pause Before You Pour** – Take 5 minutes before serving others to check in with yourself.
How do I feel? What do I need today?

- 2. Speak to Yourself Kindly** – Replace one negative thought with a life-affirming truth.
I am not behind. I am becoming.

1. **3. Create a 'No' List** – Write 3 things you no longer have the capacity for this week.
Honor your limits without guilt.

Three horizontal light orange rectangular boxes for writing.

4. **Unplug for Peace** – Take a 20-minute digital detox break today.
What did you notice about your mind or body afterward?

One large horizontal light orange rectangular box for writing.

5. **Move with Intention** – Stretch, walk, or dance with presence.
Celebrate your body, not just your productivity.

Reflection:

Which practice felt most natural? Which was hardest?

Seven horizontal lines for writing, each preceded by a small orange starburst icon.



STEP 3

Mindset Shift Exercise

From Limiting to Liberating

Fill in the blanks with real thoughts you've experienced.

Limiting Belief

"I have to do it all myself."
"If I slow down, I'll fall behind."
"My worth is in my performance."

Liberating Belief

"Support is strength, not weakness."
"Rest is a strategy, not a setback."
"My worth is intrinsic. I am enough."

Limiting Belief

Liberating Belief



STEP 4

Harmony Audit

Align Your Life with What Matters

1. Time Check

Circle the area that takes up most of your energy:

Work / Family / Social Obligations / Chores / Mental Load / Other: _____

What's missing from your schedule that your soul needs more of?

2. Space Check

When you walk into your home/workspace, how do you feel?

Calm Chaotic Inspired Stuck

What's one simple change you can make to bring more peace into your space?

3. Soul Check

What have you been silencing that needs your attention?

✦ _____

✦ _____

✦ _____

✦ _____

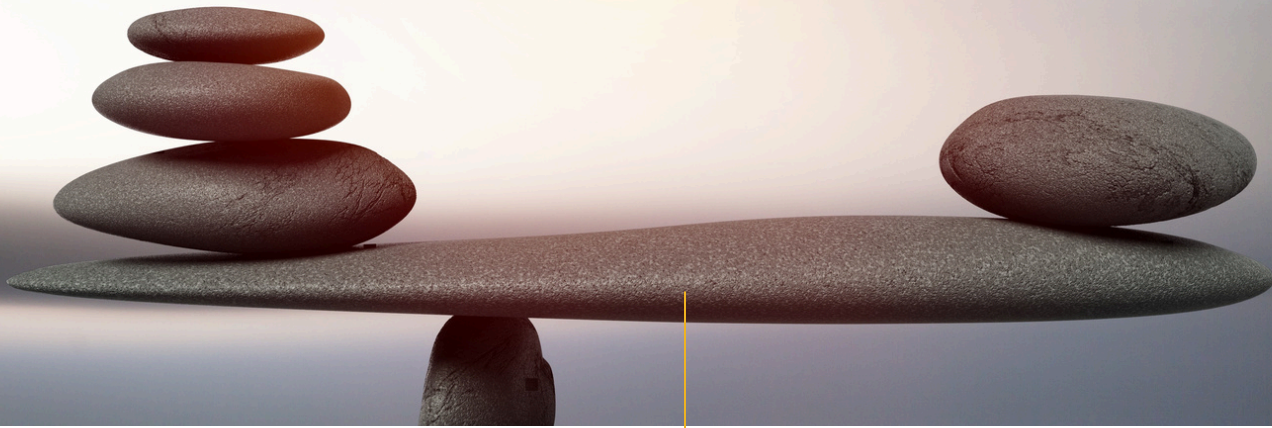
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STEP 5

Your 3-Part Harmony Plan

Now that you've reflected, it's time to reset with intention. Use this guide to map out your next 30 days of harmony.

1. What do I want to FEEL more of this month?

1. What do I want to FEEL more of this month?

3. What are 3 aligned actions I can take this month?

Limiting Belief	Why It Matters	When I'll Do It
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Final Reflection: Your Power Statement

In one sentence, declare the shift you're claiming.

"This month, I choose to _____
