



THE HARMONY BLUEPRINT

A Life & Business Alignment Guide



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BOOKLET

Welcome Letter

Dear Solace Seeker,

Welcome to The Harmony Blueprint. If you're here, you're ready to ditch the pressure of doing all the things and start living and working in a way that actually feels aligned, peaceful, and purposeful.

This workbook is a framework that will help you:

- **Define what harmony truly looks like for you**
- **Identify the friction points in your life and business**
- **Build rhythms that restore your energy and joy**

Let's get to it. You deserve to thrive.

With gratitude,

Dr. Kim Roundtree

WHAT IS HARMONY?

Harmony isn't about doing everything equally. It's about everything working together for your good.

Harmony = Alignment + Flow + Boundaries + Joy

Write your own definition:
My definition of harmony is

Circle the words that resonate:

- | | |
|--|--|
| <input checked="" type="checkbox"/> Peace | <input checked="" type="checkbox"/> Rest |
| <input checked="" type="checkbox"/> Purpose | <input checked="" type="checkbox"/> Joy |
| <input checked="" type="checkbox"/> Flow | <input checked="" type="checkbox"/> Clarity |
| <input checked="" type="checkbox"/> Boundaries | <input checked="" type="checkbox"/> Enoughness |
| <input checked="" type="checkbox"/> Spaciousness | <input checked="" type="checkbox"/> Simplicity |

THE 4 PILLARS OF HARMONY

To build a life and business in harmony, we start with four core areas:

- 1. Mental Clarity** Mindset, beliefs, thought patterns. ____
- 2. Emotional Wellness** How you manage feelings, relationships, self-worth. ____
- 3. Physical Energy** Health, rest, rhythms, environment. ____
- 4. Purposeful Work** Your business, job, calling, or creative output. ____

Rate each area on a scale of 1-10.

Then, reflect:

Which pillar needs the most attention right now?

What's already working well?

THE HARMONY ASSESSMENT QUIZ

Choose the statement that most reflects how you feel right now:

- I feel mentally clear and focused most days.
 Yes Sometimes No
- I can identify and express my feelings clearly.
 Yes Sometimes No
- My body feels energized, not depleted.
 Yes Sometimes No
- I love how I spend my time in work or business.
 Yes Sometimes No

Count your "Yes" answers.

How does this reflect your current harmony?

IDENTIFYING FRICTION POINTS

Use this space to reflect on where friction or chaos shows up most:

In my schedule...

In my mindset...

In my home or body...

In my business...

What noise is distracting you from your peace?

YOUR HARMONY MAP & VISION PAGE

If your life felt more harmonious, what would be true?

I would feel...

My days would look like...

I would say yes to...

I would say no to...

Draw or write your ideal "Harmony Day."

THE SOLACE SHIFT FRAMEWORK

This guide follows The Solace Shift, Dr. Kim's proven method for creating harmony:

- 1. Awareness** - See where the chaos lives
- 2. Alignment** - Reconnect to your values
- 3. Action** - Build habits and systems that support flow
- 4. Accountability** - Create space and support to sustain the shift

Where are you in the Solace Shift today?

HARMONY MINDSET PROMPTS

Use these prompts to reframe your thoughts:

1. What belief am I releasing today?

2. What truth am I stepping into?

3. What does my next level of peace require of me?

4. How am I making space for ease?

3-DAY HARMONY JOURNAL

Today, I feel...

One thing I'll release today:

One thing I'm inviting in:

One small act of harmony:

End of day reflection: What felt aligned?

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MY HARMONY COMMITMENTS

Make 3 commitments that align with your new definition of harmony:

1. _____
2. _____
3. _____

These are not goals — they are sacred choices.
Sign & date your Harmony Pledge.

Name: _____ Date: _____

Stay in Harmony

Congratulations! You've created your Harmony Blueprint.

But this is just the beginning.

Want support applying this to your real life and business?

Join The SolacePreneur Club — where harmony isn't a trend, it's a way of life.

www.solacepreneur.com

With love and intention,

Dr. Kim Roundtree