

THE BALANCE *Journal*

MIND • BODY • HEART • PURPOSE

The Courage to Begin Again

A Mindful
New Beginning
THIS SEPTEMBER

A NEW SEASON.
A FRESH PERSPECTIVE.
ONE INTENTIONAL STEP
AT A TIME.



MINDFUL MOMENT

A soft start for
a new season



WELLNESS TOOLKIT

Practical tips, a seasonal
recipe, and more



7-DAY CHALLENGE

Small daily steps to help
you begin again

“

You don't have
to have it all figured out.
You just have to begin.



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LET'S CONNECT





WELCOME LETTER

Dear Beautiful Soul,

"Sometimes the bravest thing you can do is choose yourself, over and over again."

— UNKNOWN

I'm so grateful you're here.

This is your space to slow down, breathe deeply, and reconnect with what truly matters. Life can be heavy at times, but within these pages, I hope you find encouragement, inspiration, and simple tools to help you feel more grounded and more you.

This month, we're exploring **The Courage to Begin Again**. It's about releasing what no longer aligns, healing from what has weighed us down, and stepping into a season filled with clarity, purpose, and new beginnings.

You don't have to have it all figured out. You just have to take one intentional step. One breath. One choice at a time.

Thank you for allowing This Balance Life to be a part of your journey. You are seen, you are loved, and you are not alone. I'm cheering you on always.

THIS IS YOUR SEASON TO BEGIN AGAIN.

Let's walk this journey together.

With so much love and gratitude,

Nicole ♥

NICOLE HELMUS

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CERTIFIED WELLNESS & LEADERSHIP COACH

CREATOR OF THE BALANCE METHOD™



Pause Here

BEFORE YOU TURN THE PAGE...

- ☞ Close your eyes.
- ☞ Take one slow breath.
- ☞ Set one intention for this month.
- ☞ Let that intention be your guide.

The Courage to Begin Again

A NEW SEASON. A FRESH PERSPECTIVE.
ONE INTENTIONAL STEP AT A TIME.

*There is something powerful about
September.*

The season begins to shift, routines return, and nature quietly reminds us that change doesn't always have to be dramatic to be meaningful.

Beginning again can feel intimidating. We often think a fresh start requires a big decision, a perfect plan, or the confidence to know exactly where we're going.

But most new beginnings don't happen that way.

Sometimes, beginning again looks like getting out of bed and trying one more time. It looks like returning to the walk you stopped taking, opening the journal you haven't touched in months, setting a boundary you've been afraid to set, or finally giving yourself permission to choose differently.

*Beginning again isn't about erasing your past.
It's about honoring what you've learned and
deciding what you want to carry forward.*

You are not starting from nothing.

You are beginning with experience.

With lessons.

With wisdom.

With a deeper understanding of who you are and what you need.

And perhaps that is the most beautiful part of beginning again:

You get to choose what comes with you into this new season and what you are finally ready to release.

PAUSE & REFLECT

What is one area of your life that is quietly asking for a new beginning?

Your New Beginning Can Be Quiet

YOU DON'T NEED TO OVERHAUL YOUR ENTIRE LIFE TO MOVE FORWARD.

You don't need to become a completely different person this September. You don't need to have every answer, fix every habit, or know exactly where the next chapter will lead.

Maybe your new beginning is quieter than that.

- Ten peaceful minutes in the morning.
- Drinking more water.
- Taking a walk without your phone.
- Saying no without guilt.
- Speaking to yourself with more kindness.
- Being fully present with someone you love.

Or simply taking one deep breath and reminding yourself:

I can begin from here.

“You don't need a perfect plan to begin.
You only need the courage to take the next step.”

A GENTLE REMINDER

Small choices count. A new beginning doesn't have to be loud to be life-changing. Choose one thing that supports the person you are becoming, and practice it with patience.

CARRY THIS WITH YOU

I am allowed to begin again, gently and intentionally.

A Soft Start

for a New Season

SLOW DOWN. BREATHE DEEP. BE FULLY HERE.

Mindfulness isn't about having more time. It's about being more present in the time you already have. Try this simple practice whenever you need to return to yourself.

PAUSE	Stop what you're doing, even if it's just for a moment.
BREATHE	Take three slow, deep breaths in through your nose and out through your mouth.
CHECK IN	Notice how your body feels. Notice what emotions are present.
BE PRESENT	Look around you. What do you see, hear, or feel in this moment?
SET YOUR INTENTION	Choose one intention to carry with you into your day.

TODAY, I CHOOSE TO:

“You don't have to do everything today.
You just have to be here.
You just have to begin.”

Small Practices. Meaningful Change.

SIMPLE WAYS TO SUPPORT YOUR MIND, BODY & SPIRIT THIS MONTH.

MORNING RITUAL

Begin Before the Rush

Before checking your phone, give yourself five quiet minutes.

1. Take three slow breaths.
2. Drink a full glass of water.
3. Name one thing you're grateful for.
4. Choose one word for how you want to feel today.

MOVE WITH INTENTION

10-Minute Reset Walk

Step outside without your phone. Let your shoulders relax, notice your surroundings, and allow your breathing to find a natural rhythm.

This isn't about pace. It's about presence.

SEASONAL NOURISHMENT

Apple Cinnamon Yogurt Bowl

You'll need: Greek yogurt, sliced apple, cinnamon, walnuts or pecans, chia seeds, and a drizzle of honey. **Build it:** Spoon yogurt into a bowl, add apple, sprinkle with cinnamon and seeds, top with nuts, and finish with a light drizzle of honey.

A simple fall breakfast or snack with protein, fiber, and satisfying crunch.

SEPTEMBER AFFIRMATION

*"I give myself permission to begin again
with courage, patience, and grace."*

BOOK PICK

Wherever You Go, There You Are

Jon Kabat-Zinn

A thoughtful introduction to bringing mindfulness into ordinary moments of everyday life.

7-DAY BEGIN AGAIN CHALLENGE

One small action each day. No perfection required.

DAY 1 Clear one small space that feels cluttered.

DAY 2 Take a 20-minute walk without your phone.

DAY 3 Begin the morning with five mindful breaths.

DAY 4 Choose one nourishing meal and eat it without distractions.

DAY 5 Say no to one thing that drains your energy.

DAY 6 Write down three things you're grateful for.

DAY 7 Spend 15 quiet minutes reflecting: What do I want to carry forward?

MINDFUL REMINDER

You don't have to change everything at once. Choose one practice that helps you feel more grounded, and return to it gently throughout the month.

PAUSE & REFLECT

Your September Reflection

A quiet page to notice what you're carrying—and choose what comes next.

Give yourself a few unhurried minutes. Breathe, listen inward, and write whatever feels true for you today.

What am I ready to release?

What no longer needs to follow me into this new season?

What am I ready to begin again?

A dream, routine, boundary, or practice I want to return to...

What do I need more of in this season?

Peace? Rest? Movement? Connection? Courage? Joy?

What would choosing myself look like this month?

One small, loving choice for my mind, body, heart, or purpose...

MY SEPTEMBER INTENTION IS...

“I can honor where I've been and still choose where I'm going.”

A CLOSING MOMENT

You Can Begin Again From Right Here

One breath. One choice. One intentional step at a time.

As September unfolds, remember that beginning again does not require you to erase where you've been. You can honor your story, carry forward what you've learned, and still choose something new.

When life feels busy, return to the practices in these pages. Pause. Breathe. Notice what you need. Then choose the next small step that supports your peace, your health, and the person you are becoming.

***“You are not behind.
You are becoming.
And you can begin again from right here.”***

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Thank you for spending a little time with us this month.

Find Your Balance. Live With Purpose.