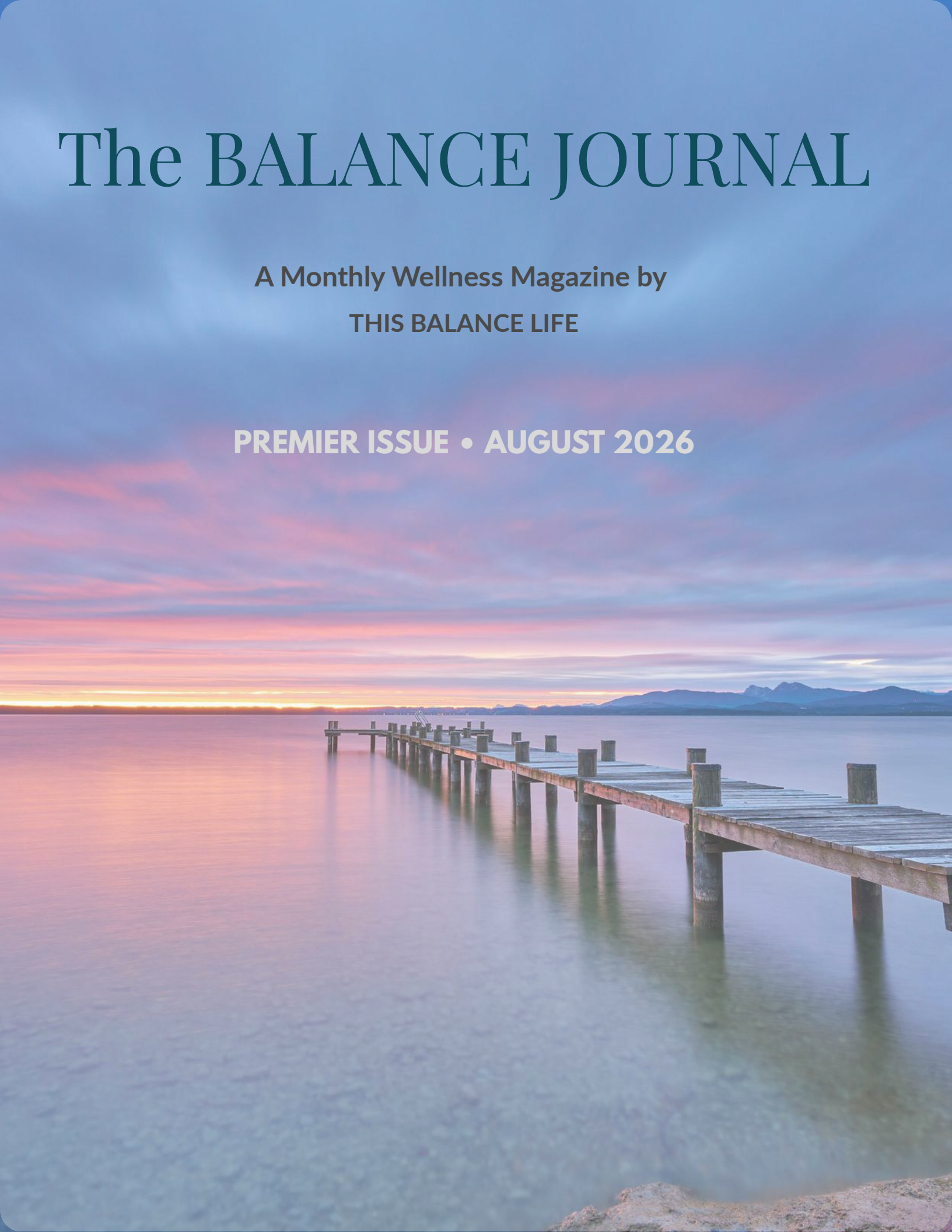


The BALANCE JOURNAL

A Monthly Wellness Magazine by
THIS BALANCE LIFE

PREMIER ISSUE • AUGUST 2026



The Power of Letting Go

Release what no longer serves you. Make space for what does.

"Sometimes making space is the most powerful step toward becoming who you're meant to be."

Take a deep breath.

Settle in.

This moment is for you.

Presented by



Dear Beautiful Soul,

I'm so grateful you're here,

As I sit down to write this very first issue of The Balance Journal, my heart is filled with gratitude.

I'm so grateful you're here.

Thank you for choosing to pause for a few moments in a world that constantly encourages us to rush.

This magazine was created with one hope in mind: to offer you a quiet place to breathe, reflect, and reconnect with what truly matters.

At This Balance Life, we believe wellness isn't about perfection. It isn't about having every answer or getting everything right.

It's about learning to live with intention.

It's about creating space for joy, for healing, for rest, and for growth.

Each month, we'll explore topics that encourage a healthier mind, body, and spirit while sharing practical tools you can carry into everyday life.

Our August theme, The Power of Letting Go, couldn't feel more timely.

Sometimes we hold onto things because they've become familiar-old expectations, disappointments, fears, or stories we've been telling ourselves for years.

But growth often begins the moment we decide to gently loosen our grip.

Imagine what could happen if you released just one thing that's been weighing on your heart.

Perhaps it is self-doubt.

Perhaps it's guilt.

Perhaps it's the pressure to have everything figured out.

Whatever it may be, I hope these pages remind you that letting go isn't giving up.

It's making room.

Making room for peace.

For possibility.

For purpose.

As you move through this issue, my hope is that you'll find encouragement, practical inspiration, and gentle reminders that your well-being matters.

You don't have to do everything today.

You don't have to be everything for everyone.

You simply have to keep showing up for yourself one small step at a time.

Thank you for allowing This Balance Life to be part of your journey.

May this magazine become a place you return to whenever you need a little hope, a little encouragement, or simply a reminder to slow down.

You are exactly where you need to be.

And I'm so grateful you're here.

With gratitude,

Nicole Helmus 

Founder, This Balance Life

Find Your Balance. Live With Purpose.

Issue No. 1 • August 2026



The Power of Letting Go

August Feature



There comes a moment in every season of life when we realize we've been carrying more than we were ever meant to hold.

Sometimes it's a disappointment we replay in our minds.

Sometimes it's guilt that quietly follows us from one day to the next.

Sometimes it's expectations, our own or those placed upon us by others.

Whatever the weight may be, holding on too tightly often leaves little room for peace, growth, or joy.

Letting go isn't forgetting.

It isn't pretending something never happened.

It isn't giving up.

Instead, it's choosing to loosen your grip on what no longer helps you become the person you're meant to be.

When we release what no longer serves us, we make space for healing.

We create room for gratitude.

For hope.

For new beginnings.

Letting go is not the end of your story.
It's the beginning of a new chapter.

What are you holding on to?

Are you carrying:

- Old regrets?
- Fear of failure?
- Unhealthy expectations?
- A relationship that's changed?
- Self-doubt?
- Perfectionism?

Awareness is the first step toward freedom.



What are you making room for this season?

When you let go, you create space for:

- Peace
- Joy
- Rest
- Creativity
- Purpose
- Hope
- New opportunities



Pause & Reflect

What am I ready to release this month?



August Wellness Toolkit

Simple practices to help you find more balance, peace, and purpose this month.



Morning Ritual



Wellness Tip



One-Minute Reset



August Recipe



Book Pick



August Affirmation

Morning Ritual of the Month



Before checking your phone, spend five quiet minutes reconnecting with yourself.

Try this simple morning ritual:

- Take three slow, deep breaths.
- Drink a full glass of water.
- Write one thing you're grateful for.
- Set one intention for the day.
- Step outside for one minute and notice the morning.

Remember: Small rituals create meaningful change over time.

Wellness Tip



Give Yourself Permission to Pause
Rest isn't something you earn.

It's something your mind and body need.

This month, schedule moments of rest just as intentionally as you schedule meetings and responsibilities.

Remember: Even five minutes of stillness can help restore your energy and improve your focus.

One-Minute Reset



Whenever life feels overwhelming...

Try this breathing exercise.

- Breathe in for 4 counts.
- Hold for 4.
- Exhale slowly for 6.
- Repeat four times.

Then ask yourself:

"What do I need most right now?"

August Seasonal Recipe



Peach & Blueberry Yogurt Bowl

Ingredients

- Greek yogurt
- Fresh peaches
- Blueberries
- Granola
- Honey
- Chia seeds

Directions

1. Layer yogurt in a bowl.
2. Top with fruit and granola.
3. Drizzle with honey.
4. Sprinkle chia seeds and garnish with mint.

Packed with protein and fiber.

Stay Connected



What's Happening at This Balance Life

Corporate Wellness Programs

Helping organizations build healthier, happier, and more resilient teams.

This Balance Life partners with businesses, nonprofits, schools, and community organizations to provide engaging wellness experiences that reduce stress, prevent burnout, and promote a culture of well-being.

Every program is customized to meet your organization's unique goals, culture, and wellness priorities.

Book Recommendations

The Gifts of Imperfection
Brené Brown

Why we recommend it:

A beautiful reminder that courage, self-compassion, and authenticity are more powerful than perfection.

Reflection:

What part of yourself are you learning to embrace



August Affirmation

I release what no longer serves me and welcome peace, growth, and new possibilities into my life.



We're Accepting New Clients & Organizational Partners



Whether you're looking for one-on-one wellness coaching, a workshop for your team, or a customized corporate wellness program, we'd love to support your wellness journey. Let's create a healthier, more balanced future—together.

Speaking & Events

Book This Balance Life

Looking for a speaker for your next conference, employee wellness event, leadership retreat, or community program? This Balance Life offers engaging presentations designed to inspire healthier habits, stronger resilience, and intentional living

Monthly Wellness Challenge



August Challenge

The 7-Day Let It Go Challenge

Each day, choose one small thing to release.

- Day 1 Clear one cluttered space.
- Day 2 Release one negative thought.
- Day 3 Take a 20-minute technology break.
- Day 4 Forgive yourself for one mistake.
- Day 5 Say no to something that drains your energy.
- Day 6 Write down three things you're grateful for.
- Day 7 Spend 15 quiet minutes reflecting on how you feel.

Remember:

Small changes practiced consistently create lasting transformation.



Connect With Us



**Ready to continue your wellness journey?
We're here to support you every step of the way.**

Sign up for the next Balance in Action Workshops

Trust yourself: Building Confidence, Intuition & Decisive Leadership
A 90-minute interactive workshop for leaders, teams, and organizations

 Scan the QR code to:

- Visit our website
- Follow us on social media
- Book a workshop
- Learn about corporate wellness
- Subscribe to The Balance Journal

