Balance is a myth. Harmony is a rhythm.

Work-Life Harmony

A 7-day quick-start for women who lead — one audit, seven small moves, and three boundaries you actually keep.

BY DR. TAMARA WHITE

The Divine Disruptor

> "Alignment always beats achievement. Busyness might make you feel important, but purposeful productivity makes you impactful."
> FROM BURNOUT TO BREAKTHROUGH

HOW TO USE THIS GUIDE

1

Take the Harmony Check on page 2. Ten minutes, honest answers.

2

Run the 7-Day Reset. One action a day, no catching up.

3

Write your three boundaries on page 4 and say them out loud.

THE FOUR RHYTHMS OF HARMONY

Mind
Focus, gratitude, and the story you tell yourself about the load.

Body
Sleep, movement, food, and rest scheduled as a power move.

Work
Purposeful productivity instead of busyness. Alignment over achievement.

People
Boundaries that protect your peace and your relationships.

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PART ONE

The Harmony Check

Score each statement as it has been true over the last two weeks. You can't heal what you don't reveal, so answer for the life you have, not the one you are performing.

1 = RARELY TRUE · 5 = CONSISTENTLY TRUE	1	2	3	4	5
Mind					
I can focus without my mind racing ahead.	☐	☐	☐	☐	☐
I speak to myself the way I would speak to a friend.	☐	☐	☐	☐	☐
I can name three things I am grateful for.	☐	☐	☐	☐	☐
Body					
I wake up rested, not already behind.	☐	☐	☐	☐	☐
Rest is blocked on my calendar and defended.	☐	☐	☐	☐	☐
I listen to my body instead of ignoring it.	☐	☐	☐	☐	☐
Work					
I own my schedule; it does not own me.	☐	☐	☐	☐	☐
My week held what mattered, not what was loudest.	☐	☐	☐	☐	☐
I stop working at a time I decided in advance.	☐	☐	☐	☐	☐
People					
I say no when something is not mine to carry.	☐	☐	☐	☐	☐
My people get my attention, not my leftovers.	☐	☐	☐	☐	☐
I can be honest with someone about being tired.	☐	☐	☐	☐	☐

READ YOUR SCORE

48–60 In rhythm. Protect it.
32–47 Strained. One rhythm is carrying the rest.
12–31 Running on empty. Start with the lowest rhythm this week.

MY TOTAL

Lowest rhythm: _____

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PART TWO

The 7-Day Harmony Reset

One action a day. If you miss a day, start where you are — there is no catching up in a rhythm.

DAY	TODAY'S MOVE	RHYTHM	DONE
One	**Name it.** Write the three things draining you most right now. No solving yet.	*Mind*	☐
Two	**Schedule rest as a power move.** Block 60 minutes this week and defend it like a client meeting.	*Body*	☐
Three	**Claim the first five minutes.** Quiet, breath, or one page of journaling before you touch your phone.	*Mind*	☐
Four	**Say one no.** Use a script from page 4. A clear no is kinder than a resentful yes.	*People*	☐
Five	**Cut one task that is not yours.** Delegate it, delay it, or delete it — alignment beats achievement.	*Work*	☐
Six	**Reclaim a micro-moment of joy.** Five minutes of sunrise, a walk, a playlist, a friend who makes you laugh.	*People*	☐
Seven	**Celebrate progress, not perfection.** Name what moved, then choose the one rhythm you carry into next week.	*Mind*	☐

WHAT SHIFTED THIS WEEK

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PART THREE

Three Boundaries I Keep

Boundaries aren't walls; they're bridges to freedom. Write each one as a sentence you could say out loud tomorrow.

1 _____

2 _____

3 _____

SAY NO WITH GRACE AND AUTHORITY

Saying "no" isn't about rejection; it's about redirection. Borrow one of these until it sounds like you.

"I appreciate the opportunity, but I don't have the capacity to give this my best attention."

"Thank you for thinking of me, but I'm focusing on priorities that align with my goals in this season."

"I can't commit to this right now, but I'd be happy to revisit it later."

JOURNALING PROMPT

Where have you been overextending yourself? What would harmony look like if you honored your own limits?

YOUR NEXT STEP

Bring this page to your complimentary Clarity Call.

We'll turn your lowest rhythm and your three boundaries into a plan you can actually live. Your next level is calling.

SCHEDULE YOUR CLARITY CALL
rb.gy/7j2bhx

BOOK ME AS A SPEAKER
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