A woman in a white dress is holding a dandelion seed head. The background is a warm, golden sunset over a field of dandelions. The text 'Busy Mom Guide To Balanced Life' is written in a large, black, cursive font across the center of the image.

# Busy Mom Guide To Balanced Life

FIND BALANCE AND CLARITY IN YOUR LIFE  
SO YOU CAN RECLAIM YOUR TRUE SELF

# THE GUIDE



A SIMPLE 9 STEP  
PROCESS TO GO  
FROM BEING  
OVERWHELMED  
TO CONSCIOUS  
MOM

BY ALICJA PYTLAK

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# A NOTE FROM THE AUTHOR

Welcome,

I am super happy and excited that you're here!

If you feel stressed, overwhelmed, on edge, busy and feeling guilty at the same time I just want you to know you are not alone. I've been there many times.

The mission I am currently on is to help busy moms achieve a healthy balance in their life. Being a mom is beautiful and challenging at the same time. You need to pay attention to your family, your work, your well being, and your relationships, yet you might struggle to equally divide your time and care between all these things. My goal is to guide you from being a busy mom to becoming a balanced one.

This guide that I have put together has the exact steps and processes that I have personally journeyed on and now walk my clients through. This guide is for moms who are ready to achieve a healthy lifestyle balance and be their best versions of themselves. I used to struggle with finding the balance between work, family and my passions but it was only after I started taking the right actions, in the right order that my life took on a different direction.

These are those steps that I hope may serve you on your journey to becoming a balanced mom.

*Alicja Pytlak*

Founder  
of Mindful Spaces by Ala

# THE 3 PHASES & 9 STEPS

THAT YOU CAN START USING TODAY

**INSTRUCTIONS:** Don't get overwhelmed with all those steps. You may notice that you have already done some of them. This is the list of steps that I have put together as I found it very helpful on my journey. Hope you find them useful too.

☐

## **PHASE 1 - MINIMIZE**

☐

THINGS

☐

RELATIONSHIPS

☐

SPACES

☐

## **PHASE 2 - MEDITATE**

☐

PAST

☐

FUTURE

☐

PRESENCE

☐

## **PHASE 3 - MANIFEST**

☐

CLEARING THOUGHTS

☐

INQUIRING SOURCE

☐

INTUITIVE ACTION

*To Balanced Mom*

WHERE  
ARE YOU  
NOW

*From Busy Mom*

# THE SYMPTOMS AND STEPS

LEARN WHICH STEPS YOU NEED TO TAKE  
NEXT IN ORDER TO BRING BALANCE INTO  
YOUR LIFE.

## The Symptoms and Steps

Being a mom can feel chaotic at times. You may feel stressed with no balanced lifestyle. However, moms who are committed to the change they choose a new way. They are tired of feeling stressed and mentally exhausted. They are ready to take the necessary steps to improve their life.

Clients that I work with are ready to take the first step towards freedom and flexibility. Analyzing their symptoms and taking necessary steps gave them a lifestyle they truly desired. By decluttering their lives they created uncluttered minds. It gave them more time and energy to focus on what they are passionate about. They were able to discover what their true-life purpose is, and what it is that they love doing. They follow the steps towards a balanced life, expressed their higher selves and become an example for other moms to follow.

Many books will teach you how to improve your life. There are just as many strategies and approaches. But how do you know which book, strategy, or approach is right for you? We all have different priorities, values and lifestyles. We are all in different stages in our lives. That's why I developed my program. To help you better understand where you are now and what steps are right for you to take to transform your current situation.

# WHERE ARE YOU AT?

LEARN WHICH STEPS YOU NEED TO TAKE  
NEXT IN ORDER TO BRING BALANCE INTO  
YOUR LIFE.

## Transforming From Busy to Balanced

The first thing we need to look at is where you are at now. Not all busy moms are on the exact same journey. You can either be a busy mom or struggling in your life or getting some awareness to ultimately be a balanced mom. We all have a path to a better lifestyle, and while yours may turn out to be different from mine, I want to help you find it. I want you to live your life with purpose, to cherish every day of this life, to be a good example for your kids,

Depending on where you are on your journey there are different things for you to focus and work on. But the good news is with this cheat sheet you will now know what those next steps are and you can start taking the right actions, in the right order and move up the mountain towards becoming a balanced mom today.

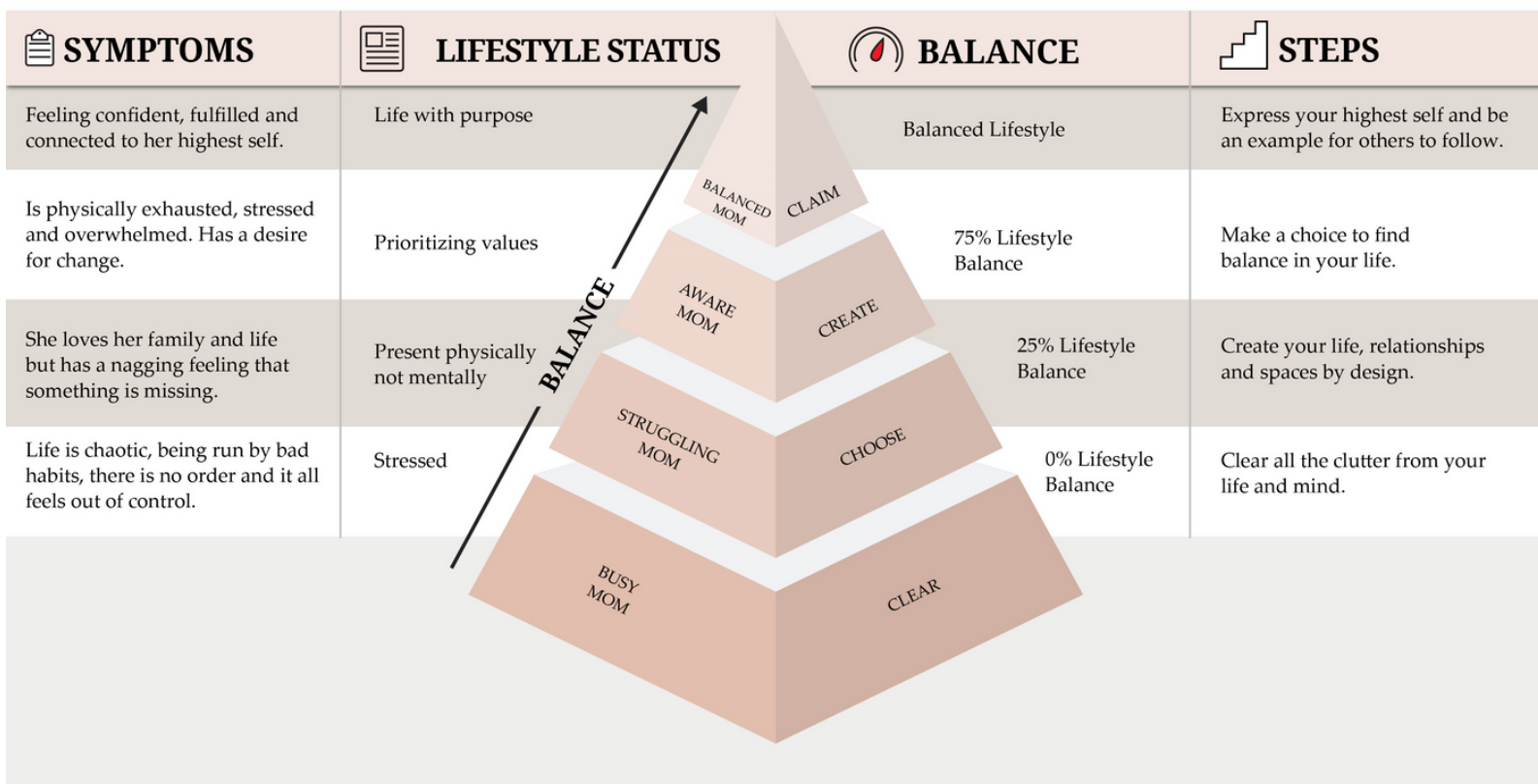
So take a good look at the next page and discover which level you are at now and see if the symptoms, results and next steps make sense for you.



# WHERE ARE YOU AT?

DISCOVER WHICH STEPS YOU NEED TO  
TAKE NEXT.

## BALANCE





*Feel Balanced*

# THE BUSY MOM PATHWAY

*Minimize. Meditate. Manifest*

# THE CYCLE OF BALANCE

WITH BUSY MOM GUIDE

## Never Fully Balanced

There is this big lie or myth that there is an ultimate state where you are always in balance. It is a very strong statement that makes many of us feel overwhelmed or unsatisfied with our lives. We may judge ourselves as we constantly feel that we are off balance and maybe even compare ourselves to those who claim to have it all figured out.

The reality is that finding a balanced lifestyle is an ongoing practice. There are times when I would end the day in exhaustion after a day of work, not being able to focus on anything else. I also know the guilt of not being there for the people who mean the most to you, family, kids, friends.

My life experiences made me slowly and simply realize how badly I was judging myself every time I felt out of balance. Instead of working my way towards feeling better I would be sitting and elaborating on my current state.

Now with the tools I discovered, I can quickly transform my state from feeling uncomfortable and stressed to feeling more balanced and aware. I no longer judge myself. I accept my current situation and take it as an opportunity to grow more. The moment I catch myself feeling off I start implementing my 3 simple steps which are proven to work.

# FEEL BALANCED

WITH BUSY MOM GUIDE

## MINIMIZE. MEDITATE. MANIFEST.

There is a proven process that worked for me and my clients. This process is repeatable. The more you do it and commit to it the more balance you will find.

### **Step 1: MINIMIZE**

Simplify your life by decluttering it. This step is not only to minimize material possessions. While going through this step there are three major areas to look into: things (choose quality vs quantity) relationships (choose healthy once instead of toxic) and space (transform from clutter to clear). Once you minimize all three of them you will simplify your life and get more clarity.

### **Step 2: MEDITATE**

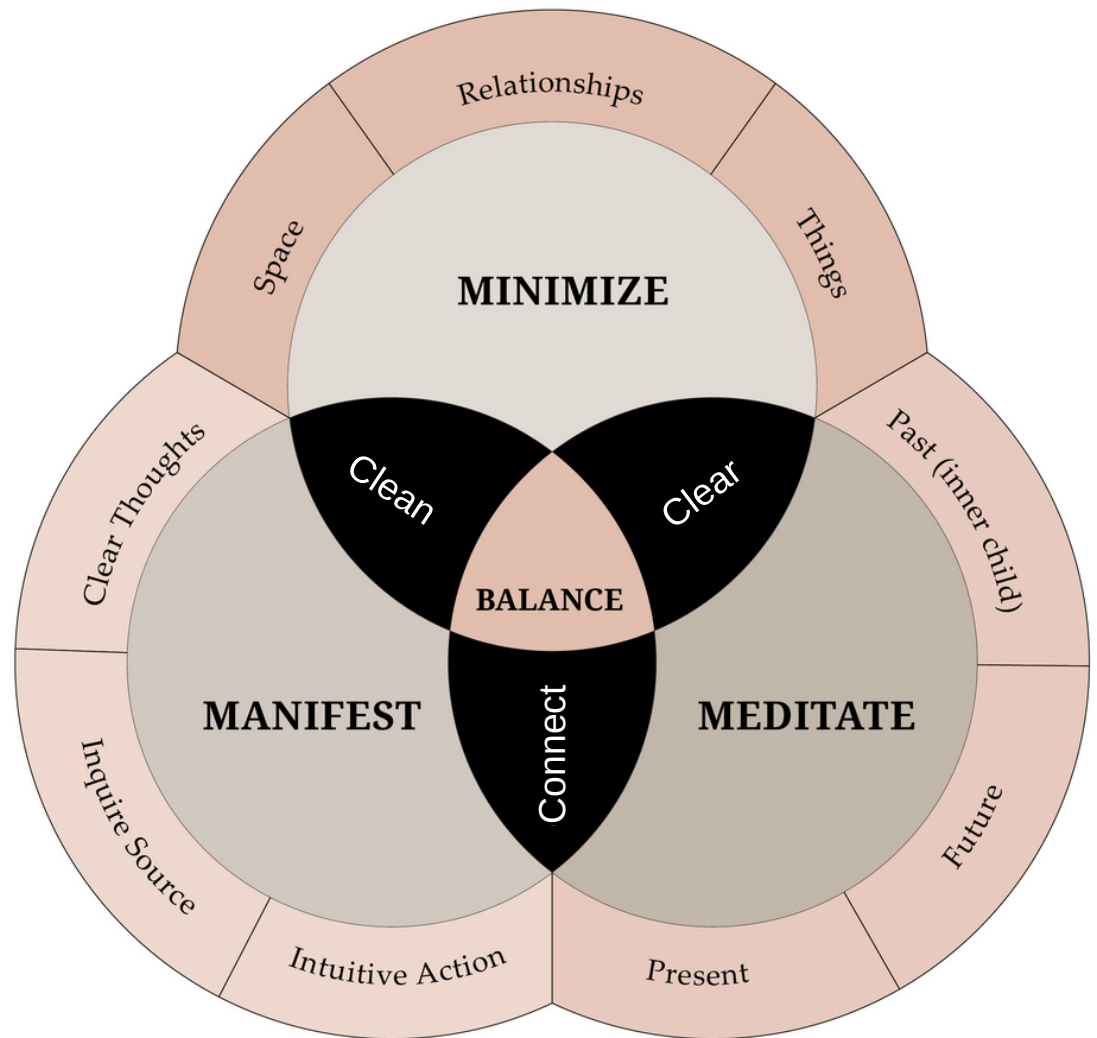
This step is to learn how to meditate so you can feel and see results instantaneously. It is all about understanding your past and bringing awareness to it. It is about being present and leaving in the moment and at the same time looking into the future with a clear mind.

### **Step 3: MANIFEST**

Learn how to choose and ask by connecting with your intuition. There is a process for that

- clear your thoughts ( transform them from negative to neutral)
- connect to the source (transform from disconnected to connected to your inner self)
- take intuitive actions (transform from confused to confident)

# THE BUSY MOM GUIDE





# THERE IS AN EASY WAY AND A HARD WAY...

A HARD WAY IS DOING IT ON YOUR OWN. AN EASY WAY IS BOOKING A CALL WITH ME. SOMETHING YOU MIGHT NOT KNOW ABOUT ME...

I OFFER FREE 15 MIN CALLS WHERE I WILL CONNECT WITH YOU AND GIVE YOU SOME FEEDBACK TO HELP YOU FEEL MORE BALANCED IN YOUR LIFE. BUT THIS IS ONLY FOR MOMS THAT ARE READY TO TAKE THE FIRST STEP TOWARDS FREEDOM AND FLEXIBILITY THAT A MORE BALANCED LIFE WILL OFFER.

IF THAT IS YOU REPLY TO THIS EMAIL OR SEND ME A DM AND GET SOME QUALITY ADVICE TO HELP YOU ON YOUR JOURNEY.



## [Click Here to Book Your 1:1 Strategy Session](#)

*It's time to get crystal clear on  
the next steps that you should be  
taking in your life in order  
to feel more balanced.*



### MEET THE AUTHOR ALICJA PYTLAK

Alicja Pytlak is a professional organizer, yoga teacher, Access Bars practitioner and simplicity teacher to awakening moms.

She is a warrior, colourful, strong, and straightforward individual. A mother and passionate student of Kundalini Yoga.

