



Balance Blueprint™

How to work out what's missing in your life
and work towards creating a YOU-shaped one.



Hey, I'm Annabella (she/her)

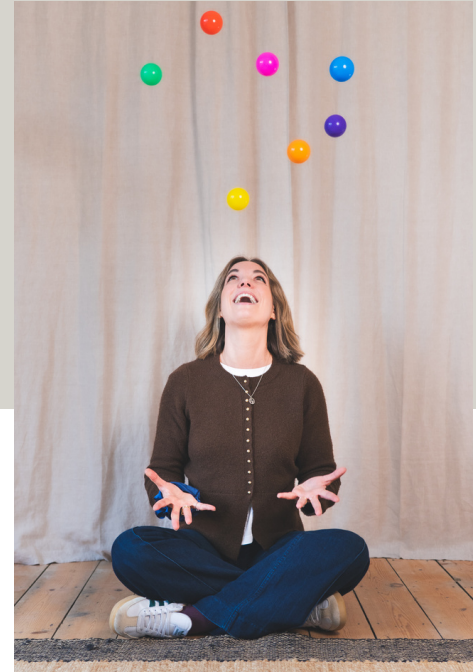
I know what it's like to feel like your work and life no longer fit who you've become

Before kids, I was climbing the career ladder at speed. But after having kids, the way I worked, lived and coped no longer seemed to fit who I had become... or the brain I was beginning to understand in a completely different way. I went from thriving on challenge to constantly dropping balls, my confidence and ambition slowly slipping away.

Then came the realisation that the jokes about me being ADHD might actually have some truth to them.

Traits I'd spent years unknowingly masking became much harder to ignore once I was juggling the demands of career, motherhood and the constant invisible mental load that comes with both. I love being a mum (it's my favourite job in the world!), but there was something about no longer feeling capable, patient or ambitious that made me feel like I was failing at both.

I'm a qualified career coach for ambitious ADHD mums who feel overwhelmed by the juggle of career, motherhood, perimenopause, and the invisible mental load (even the list is long!). I help them stop blaming themselves, better understand their brains and build careers and lives that actually work for them.



“As an ambitious working mother of three, I understand first-hand how motherhood and a late ADHD diagnosis can completely change the way you cope with work and life.”



Balance BlueprintTM

You're juggling so many balls; work, family, relationships, home, your own needs. It's no wonder it feels impossible to keep them all in the air. The problem is knowing which balls are glass (the ones that really matter and would shatter if dropped), and which are plastic (the ones you can drop without guilt because they'll bounce right back up).

This tool helps you step back and see it clearly. It's a simple, honest reflection that shows where your time, energy, and focus are really going, and whether that matches what's most important to you.

This isn't about creating a "perfect" work-life balance (because, honestly, that doesn't exist). It's about finding your version; one that fits who you are, the season you're in, and the brain you're working with.

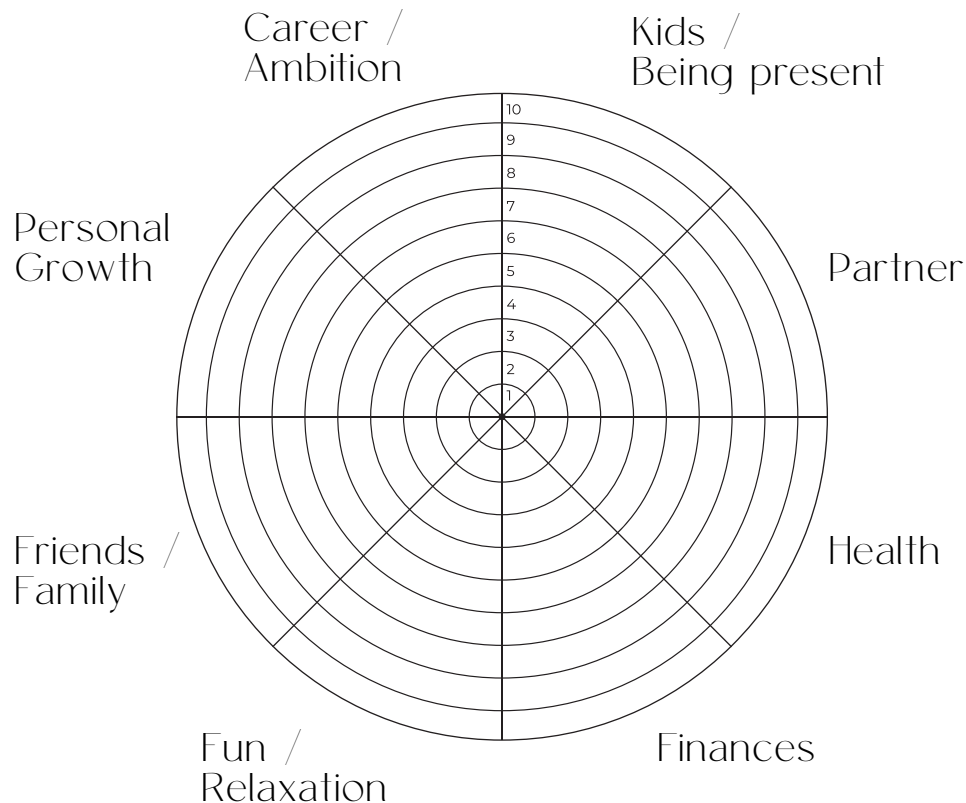
Your current life

What to do:

Consider your life now and the attention and focus you give to each area. How satisfied and fulfilled do you feel in that area? Colour in your scores for each area on the wheel.

Things to note:

- You can change/add/remove any of the labels so they best reflect your life.
- It's not about how much time you spend in that area, it's about how much attention and focus you give to each area.
- The areas don't need to add up, each area can have its own score out of 10.

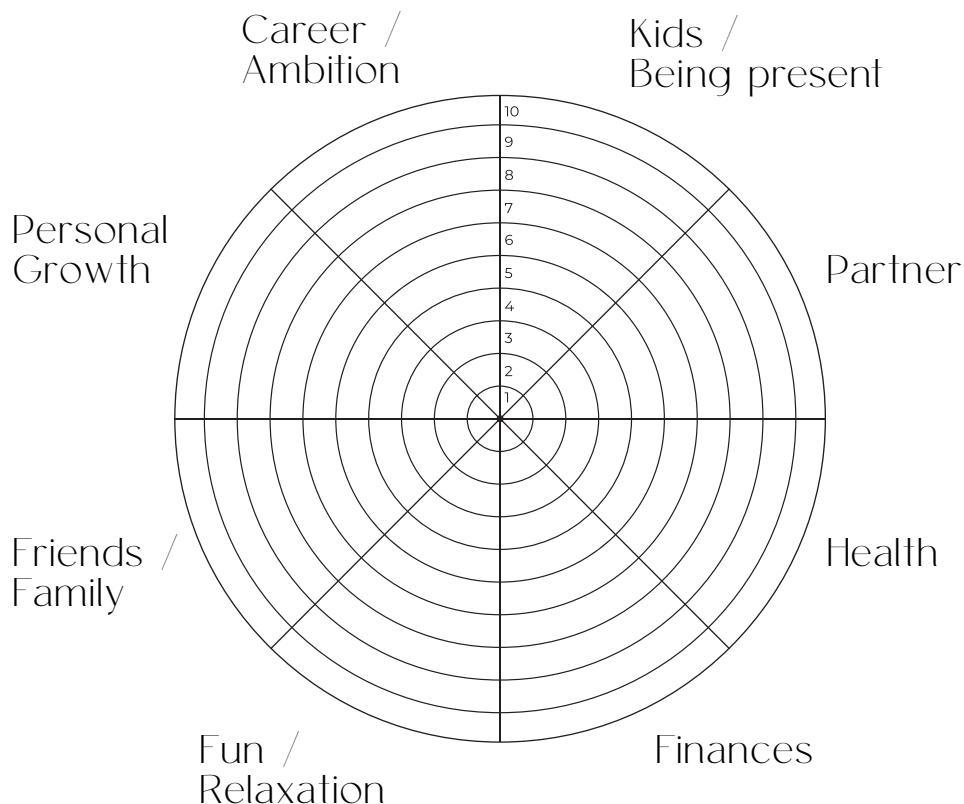


Your ideal life

Now using the same labels and rules as above, pick a time in the future (could be 6 months, 1 year, 10 years - up to you!) and plot your ideal future.

Questions to ask yourself:

- How satisfied are you with your areas? Why?
- Choose one area that might need more attention. What small (realistic) change could make a difference?
- Make some conscious choices - think about the commitments you want to make, perhaps the things you want to set as the non-negotiables in your life (what are the things you want to protect / make sure happen at home or at work for you to feel like you have achieved balance e.g. gym 3x a week, leave work on time, put your kids to bed every night, date night once a month etc.)





Next steps

Once you've completed both the wheels and you've spent some time analysing the differences and what they mean for you, your next step is to create an action plan.

This action plan can be as lengthy as you need it to be and you can spend as long on it as you want. The idea is that you come up with a list of priorities for you to focus on to help move the wheel in the direction you want to go in.

These steps need to be sustainable so my top tip is to start small. If you want to end up at the gym 3x a week but currently don't go, then set yourself an initial target of going once a week. If you want to leave work on time but currently work crazy hours, then start by leaving work on time only one day a week etc. Self-compassion is the key to success.

Now, go create the life you deserve!

How I can help

If you're ready to create a way of working and living that actually fits your brain so you can feel in control and proud of how you're showing up in all areas of your life, without the overwhelm or guilt. Then you're in the right place.

My Lost to Lit Up programme is designed to help you understand the patterns underneath the chaos, untangle what's actually draining you and rebuild things in a way that works for your brain and your life now.

[Schedule a call](#)

[Learn more](#)

If you have any questions, are on the fence or simply want to find out more, please don't hesitate to reach out. I'm only an email away.

Annabella



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www.yourbalancedcoaching.com



Testimonial

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“Thanks again for your help. You wasted no time identifying the core of my overwhelm and helping me see realistic solutions to build buffers into my day. Now I have that clarity, I’m confidently able to protect my energy more and more.”

Janelle - Senior Copywriter

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“I have had the pleasure of being coached by Bella for the past 6 months and am astounded at the growth and development I have made. As a busy mum of 3 returning to the commercial world I wanted to invest in myself and rediscover some lost confidence and skill sets not used for a while. I was unsure what to expect but Bella gently led me down a path of self discovery, reflection and personal growth. The sessions have been invaluable, I feel I am now on the right path to embrace my new journey. Bella is a true professional, extremely likeable and I would highly recommend exploring this journey with her.”

Chloe K. - Recruitment Director