



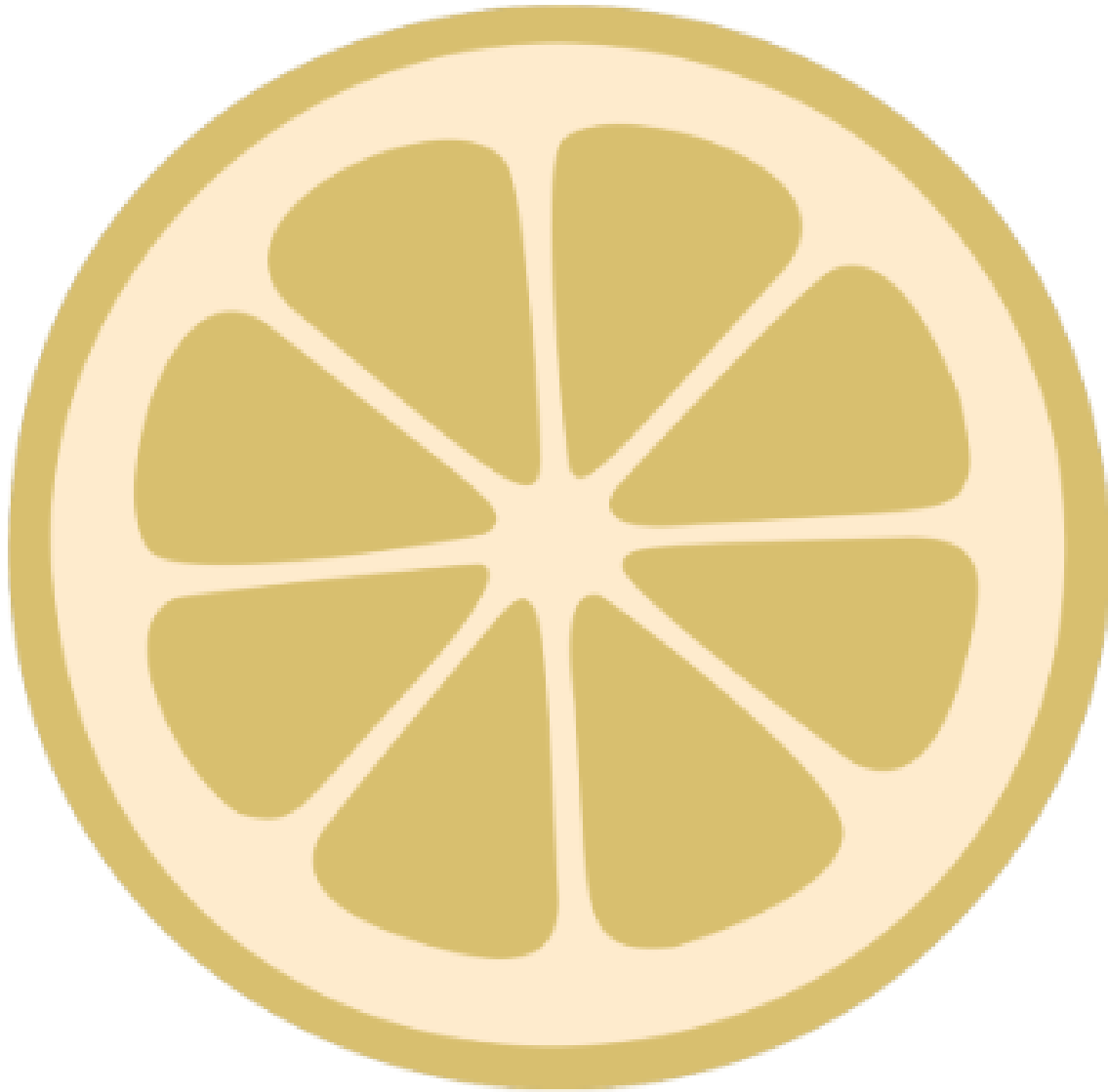
Design Your Life: A Vision for Balance and Fulfillment!

Wheel of Life Categories:

****Choose a maximum of 8 to add to your wheel.**

- | | |
|----------------------------|----------------------------------|
| 1. Physical Body | 10. Social & Fun |
| 2. Mindset & Mental Health | 11. Creativity |
| 3. Rest & Rejuvenation | 12. Adventure |
| 4. Professional Life | 13. Spiritual Wellbeing |
| 5. Personal Growth | 14. Spiritual Community |
| 6. Education & learning | 15. Volunteer & Service |
| 7. Romance & intimacy | 16. Physical Environment |
| 8. Family & Friends | 17. Home Environment |
| 9. Community | 18. Finances, Wealth & Abundance |

Creating Your Wheel of Life:



Creating your Bliss Map...

What are 1-2 small actions I could take in each category to enhance this zone of my life one notch (ex from a 3 to a 4 out of 10)

Category 1 _____

Category 2 _____

Category 3 _____

Category 4 _____

Category 5 _____

Category 6 _____

Category 7 _____

Category 8 _____

What do I need to eliminate to bring this to life?

What boundary do I need to set to bring this to life?



“Are you ready to reclaim your energy and thrive, both in your personal and professional life?”

Christy Nichol is your go-to expert for unlocking lasting energy and well-being. As the creator of *The Burnt Out to Blissed Out Formula*, Christy has helped countless CEOs, business owners, and professionals in leadership positions break free from burnout, without needing to step away from the success they've worked so hard to build.

With over two decades as a professional sports therapist and personal experience with burnout, Christy intimately understands the impact stress has on both body and mind. Drawing on this personal journey, **she combines science-backed strategies and mind-body techniques to help her clients sleep better, boost energy, and feel more relaxed, all while continuing to succeed in the work they love.**

Christy's approach isn't just about thriving at work, it's about creating more space for what truly matters, including family, fun, and laughter.

A featured speaker on the CBC, World Menopause Summit and sought after podcast guest, Christy combines her deep knowledge of stress recovery with a unique understanding of how the body functions. Certified by the Canadian Athletic Therapy Association (CATA), she holds a degree in Exercise Science and Athletic Therapy, advanced training in energy management, mind-body techniques, and movement therapies, and an honours degree in chemistry from Carleton University.