

# The Balanced Babe Manifesto

A BALANCED BABE IS A SMART MOTHER WITH A BIG HEART WHO  
REALLY CARES AND OWNS IT

SHE IS HERSELF

free from **THE "SHOULD'S" AND JUDGMENTS**

To her it is not about sacrificing anything. but more about *having it all* with a clear conscience and a grateful heart.



**She  
believes  
she can**

smash the results, cuddle her family and look after herself now. She believes that it is not about having a balanced life but about **choosing to honour herself** so she becomes the incredible woman that she is - **fully present wherever she is**: work, family, friends, herself.

*She is balanced within - she is her own best friend.*

*She is a babe - comfortable in her own skin and confident with her choices.*

A Balanced Babe chooses to

**HUG more and** , ask for what *love and live wholeheartedly*  
**FEEL EVERYTHING** she needs

This mother knows that when she chooses to honour herself, everything changes - glass ceilings break, bonds are strengthened and she makes it happen.



*A balanced babe* **EMPOWERS HERSELF** *to be balanced everyday.*