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The Balanced Mama

PLANNER

How to find your Yin and Yang in everyday life

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What is Yin/Yang?

In today's world of constant busyness many of us are stuck in "yang mode," always going and not allowing for rest. Others of us struggle to create boundaries for ourselves and are stuck in "yin mode," lacking structure and stability. Please use this worksheet to get unstuck.

In traditional Chinese medicine, yin and yang are thought to govern the health of the body. When one of the elements is out of balance, it causes illness. Practices, such as acupuncture and tai qi, are intended to balance the body's yin and yang.

This **worksheet** is intended to balance your day the same way acupuncture might balance your body. It will allow you to look at how you spend your time and be more intentional about adding both yin and yang activities to your life.

Yin traditionally represents inward reflection, sleep, rest, femininity, passivity and reception (receiving). Yang, meanwhile, represents outward reflection, awake, movement, masculinity, activity, and creation (giving). Other values and elements are assigned to yin and yang, but these are the core tenants of each. Rather than work as opposites, the two forces complement one another and exist in relation to one another.





YIN YANG PLANNER

DATE:

Cold, damp months call for Yin practices, while hot, dry months call for Yang practices.

IMPORTANT TASKS

Note if it is a yin or a yang type task

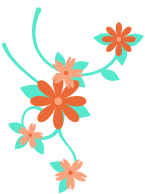
WATER



MEALS

Yin foods are dense and cooling (referring more to quiet energy and passivity than to literal temperature), meaning that they eliminate excess heat, detoxify the body, and promote structural functions in the body.

Yang foods, on the other hand, are invigorating and warming, and promote physiological functions in the body. Yang herb flavors are pungent, with the flavors working to open up the body in various ways.



MOVEMENT

Yin enhancing: pranayama, yoga, martial arts

Yang enhancing: running, weight lifting, Crossfit.



CYCLE

Menstration is the time to add more Yin activities

Ovulation is the time to add more Yang activities



LONG TERM YANG GOAL



MORNING

optimal "Yang time" goes from 6am-noon

Meal:

AFTERNOON

from noon-6pm moves into "Yin time"

Meal:

EVENING

optimal "Yin time" goes from 6pm-midnight

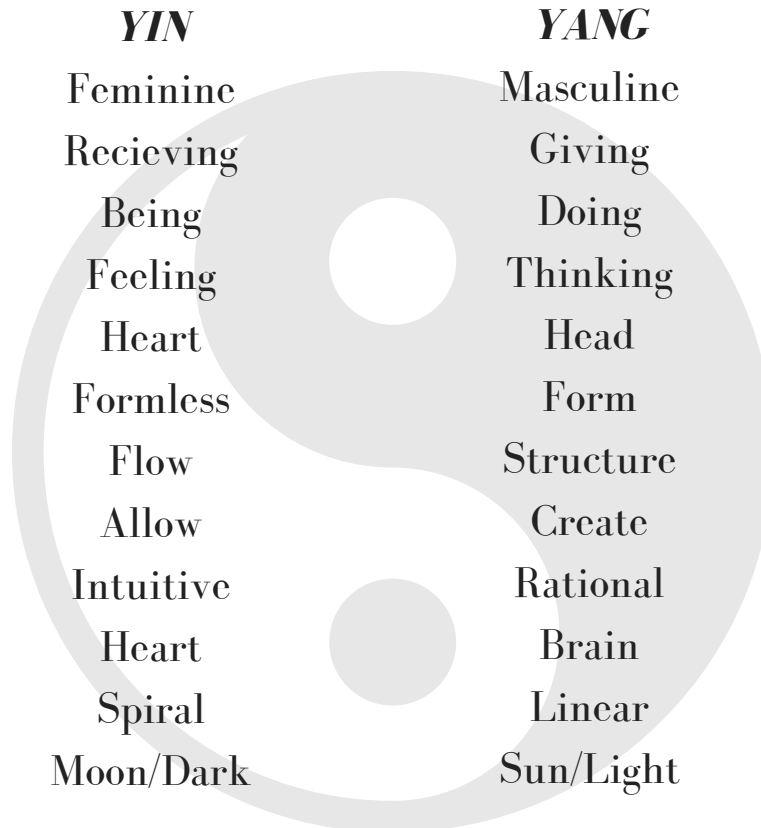
Meal:

LONG TERM YIN INTENTION



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Key qualities associated with each half of
the whole:



Do your best to create/allow both Yin and Yang activities in your day, week, and year where appropriate. It also might be helpful to record how you currently spend your time using the yin yang ideology vs. how you might choose to spend it now that you have learned a new way.

Remember, one quality is not better than the other. The benefit of looking at it this way is to have a happy balance between the two.

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What's Next?

If you are looking for a place where you can receive and give, connect in sisterhood, and talk more about how to live in-sync with your inner rhythms, go to Mom-MECircle.com, *where you will get access to a private Facebook group that is dedicated to supporting you in putting the "ME" back in "Mom-ME."*



Hi, I'm Belle. I am the mother of two beautiful, children who rock my world and still have the ability to take my breath away. This worksheet was born from my own struggles with anxiety and depression.

I started Mom-ME Circle because I new how much I desired a community and anticipated others might as well. As it turns out I was right! When you join our circle or begin coaching with me you get access to everything I've learned about yoga, meditation, manifesting and self care as I stumbled and spiraled along on my own path. WELCOME!

