



THE BEAUTIFULLY BALANCED LIFE

WELLNESS & LIFE ASSESSMENT

A FIVE-PILLAR ASSESSMENT FOR FAITH, FAMILY, WELLNESS,
NOURISHMENT AND TOXIN-FREE LIVING.

BY MRS. TONYA SHELBY

Welcome

Life can hold many good things at once: faith, family, responsibilities, health, meals, home, ministry, work, and caring for others. But when one area begins taking more than its share of our attention, the others can quietly become neglected.

This assessment is an invitation to pause and look prayerfully at your life as it is right now. Not the life you think you should have. Not someone else's season. Not a list of everything you need to fix.

Simply an honest look at what the Lord has placed in your hands today and how faithfully you are caring for it.

The Beautifully Balanced Life is built around five areas: Faith & Spiritual Growth, Family & Home, Holistic Wellness, Healthy Food & Nourishment, and Toxin-Free Living.

There is no perfect score. The goal is not perfection. It is awareness, stewardship, and faithful progress.



How to use this workbook

Set aside a quiet hour, or work through a few pages at a time. Begin with prayer. Ask the Lord to help you see your life clearly and honestly. Answer based on your current season, not on what life looked like six months ago or what you hope it will look like someday. Be honest without being harsh. You are looking for places to nurture, not reasons to condemn yourself.



What Does a Beautifully Balanced Life Mean?

FAITHFULNESS FOR YOUR PRESENT SEASON

Biblical balance does not mean giving equal time and energy to everything every day.

Different seasons require different things from us.

A beautifully balanced life is one in which we are intentionally caring for the areas God has entrusted to us without allowing one area to continually crowd out all the others.

Sometimes your family will need more of you. Sometimes your health will require extra attention. Sometimes the Lord will stretch your faith through an unexpected season.

Balance is not a perfectly even schedule. It is learning to regularly ask:

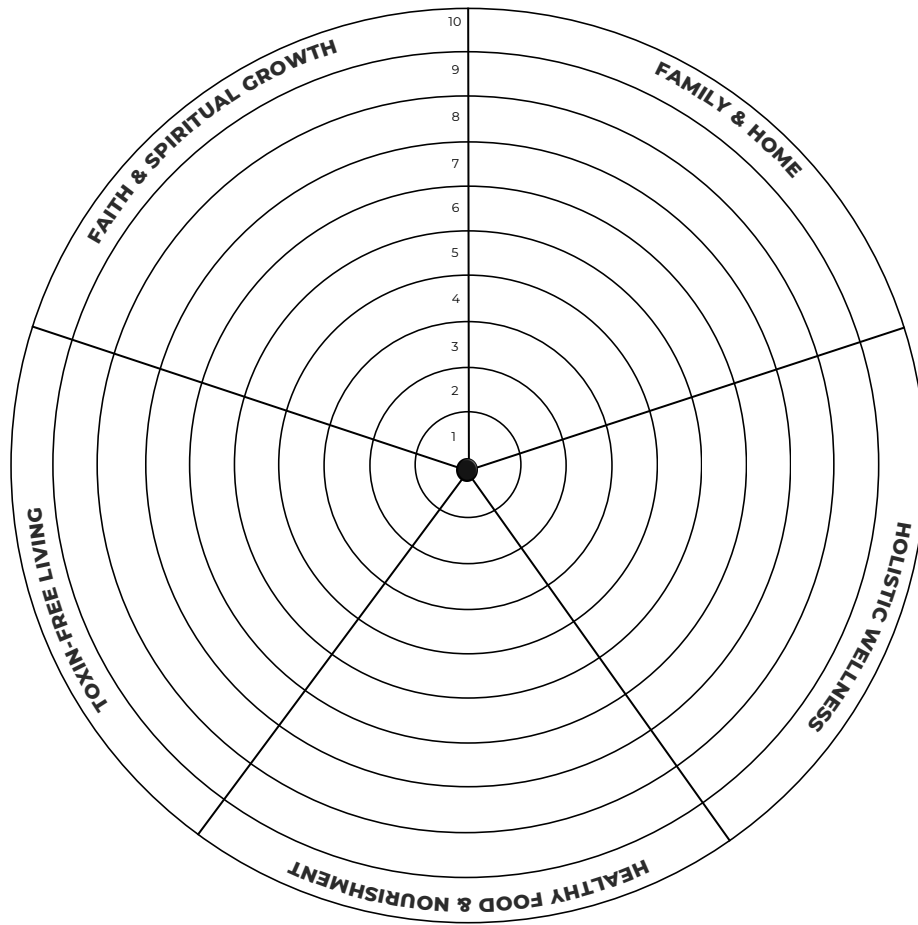
- What has the Lord placed before me in this season?
- What am I caring for well?
- What have I unintentionally neglected?
- What is one faithful step I can take next?

"Moreover it is required in stewards, that a man be found faithful." 1 Corinthians 4:2

Your Five-Pillar Balance Wheel

A SNAPSHOT OF THIS SEASON

Your balance wheel gives you a visual picture of how supported each area of your life feels right now. Rate each pillar from 1 to 10. A 1 means this area needs significant care or attention right now. A 10 means you feel well supported and consistent in this area in your present season.



For each of the five pillars, ask yourself how supported and intentional this area feels right now on a scale of 1 to 10. Shade from the center outward to match your score. Remember, this wheel is a snapshot, not a grade.

AS YOU LOOK AT YOUR WHEEL

Which pillar feels strongest? _____

Which has received the least attention? _____

Did anything surprise you? _____

Is one struggling area affecting several of the others? _____

Before You Go Deeper

WHAT MATTERS MOST IN THIS SEASON?

Before you look closely at each pillar, take a moment to think about the season you are in right now. Circle or mark the words that feel especially important in this season. Then choose five priorities and write them below. Finally ask: Do the things receiving most of my time and energy reflect what I say matters most?

Faith	Family	Health
Peace	Wisdom	Stewardship
Service	Rest	Nourishment
Simplicity	Home	Marriage
Motherhood	Friendship	Ministry
Growth	Hospitality	Strength
Energy	Consistency	Community
Compassion	Discipline	Grace
Contentment	Purpose	Learning
Generosity	Encouragement	Faithfulness

MY FIVE PRIORITIES IN THIS SEASON



Faith & Spiritual Growth

Your relationship with the Lord is the foundation beneath every other area of life. This pillar is about staying rooted in Scripture, prayer, obedience, fellowship, and dependence upon Christ.

How consistent am I in spending time in God's Word?

What has the Lord been teaching me lately?

Is prayer becoming part of how I respond to everyday life?

Where have I become spiritually distracted or hurried?

What is already helping me stay rooted in the Lord?

How supported and intentional does my spiritual life feel right now?

1 2 3 4 5 6 7 8 9 10

ONE FAITHFUL STEP

One small way I can nurture my walk with the Lord this week:



Family & Home

This pillar is about the relationships and home life God has entrusted to you, whether your household includes a spouse, children, grandchildren, extended family, or another season entirely.

Do the people I love feel that they have my attention?

What is going well in my closest relationships?

Where has busyness created unnecessary tension?

Does my home generally support peace, connection, and hospitality?

What is one family or home rhythm that is already serving us well?

How supported and intentional does my family and home life feel right now?

1 2 3 4 5 6 7 8 9 10

ONE FAITHFUL STEP

One simple way I can nurture my family or home this week:



Holistic Wellness

Holistic wellness means caring for the whole person God created: physical, emotional, mental, and spiritual. It is about caring for yourself wisely so you have strength for the life and service God has given you.

How is my energy through an ordinary day?

Am I getting enough rest for my current season?

Am I moving my body in ways that support strength and mobility?

What signs has my body been giving me that I may be ignoring?

What currently helps me feel steady and well?

How supported does my overall wellness feel right now?

1 2 3 4 5 6 7 8 9 10

ONE FAITHFUL STEP

One realistic way I can support my wellness this week:



Healthy Food & Nourishment

Food is one of the simplest ways we care for ourselves and the people we love. Nourishment does not require complicated recipes, perfect eating, or fear around food.

Am I eating regularly enough to feel nourished and steady?

Do most of my meals include foods that genuinely support my body?

What makes healthy meals difficult in this season?

What meals or routines are already working well?

Where could I make nourishing food simpler?

How supported and consistent does nourishment feel right now?

1 2 3 4 5 6 7 8 9 10

ONE FAITHFUL STEP

One small way I can make nourishing meals easier this week:



Toxin-Free Living

Toxin-free living is about making informed, practical choices and gradually reducing unnecessary exposures where it makes sense for your family, without fear or trying to change everything at once.

Which products in my home do I use most often?

Where have I already made simple swaps that work well?

Is there one cleaning, personal-care, or household product I would like to reconsider?

Am I approaching healthier choices from wisdom rather than fear?

What is one change that would feel manageable right now?

How intentional do I feel about creating a healthier home environment?

1 2 3 4 5 6 7 8 9 10

ONE FAITHFUL STEP

One practical swap or habit I can work on next:



Look at What Is Supporting You

Before focusing on what needs improvement, notice what is already helping you. Healthy change is easier when we build on what is working.

Which pillar currently feels strongest?

What habit or routine is helping that area thrive?

Who or what is supporting me well in this season?

What have I learned that I want to keep doing?

What is something the Lord has already helped me grow in?

What strength from one pillar could help support another?

One thing I want to intentionally continue:



Notice What Is Depleting You

Sometimes the same difficulty shows up across several pillars. A lack of rest can affect patience, meals, spiritual focus, and motivation. An overloaded schedule can affect everything.

What has been taking the most energy from me lately?

Which pillar has been pushed aside most often?

Is there a repeated habit, commitment, or situation making several areas harder?

What could I reduce, simplify, delegate, or stop?

What needs prayer before it needs another strategy?



What Could Be Simpler?

A beautifully balanced life is rarely built by adding more. Sometimes the next faithful step is simplifying what already exists.

What feels unnecessarily complicated right now?

Which routine could be made easier?

Where am I expecting more from myself than this season realistically allows?

What can I prepare ahead to make everyday life smoother?

What is one thing I can stop doing because it is no longer serving this season?



MAKING SENSE OF IT

What Is Flourishing?

Before deciding what needs to change, notice what the Lord has already helped you establish. Healthy rhythms can feel ordinary once they become part of everyday life, but recognizing what is working reveals strengths you can build upon. You are not starting from zero.

LOOK BACK AT YOUR FIVE PILLARS

Which pillar currently feels strongest? _____

What specifically is helping this area go well? Think about habits, routines, relationships, boundaries, preparation, prayer, knowledge, or support. _____

What is easier, healthier, steadier, or more consistent than it was six months ago? _____

NOTICE THE EVIDENCE OF GROWTH

What is one decision or habit I am thankful I followed through on? _____

Where have I seen the Lord answer prayer, provide wisdom, give strength, or help me grow? _____

Who or what is helping me thrive in this season? _____

Which simple routines make several areas of my life work better? _____

PROTECT WHAT IS WORKING

Three things I want to intentionally continue:

1. _____
2. _____
3. _____

What is one thing in my life today that I do not want to take for granted? _____

“O give thanks unto the LORD; for he is good: for his mercy endureth for ever.”

Psalm 136:1



MAKING SENSE OF IT

What Needs Gentle Attention?

A lower score does not always mean you need a new plan or more discipline. Sometimes an area needs rest, simplification, information, help, boundaries, preparation, prayer, or simply more consistent attention. Understand what is underneath the struggle before deciding what to do about it.

START WITH THE LOWEST-SCORING PILLAR

My lowest-rated pillar is: _____

I gave it a _____ out of 10.

What is making this area difficult?

Time • Energy • Too many responsibilities • Inconsistent routines • Lack of preparation • Lack of knowledge • Finances/resources • Health limitations • Family needs • Stress • Unrealistic expectations • Lack of support • Not a current priority • Other: _____

LOOK BENEATH THE SURFACE

What does the problem look like on the surface? _____

What may be contributing underneath? _____

Do I need to BEGIN, STOP, SIMPLIFY, PREPARE, ASK FOR HELP, or PRAY ABOUT something? _____

WHAT IS WITHIN MY STEWARDSHIP?

What can I influence right now? _____

What is outside my control and needs to be entrusted to the Lord? _____

What am I expecting from myself that may not be realistic for this season? _____

If this area could receive one kind of support, what would help most _____

This is not a verdict. It is simply an area asking for care.



MAKING SENSE OF IT

Patterns & Priorities

The five pillars do not operate independently. Your spiritual life can influence how you respond to stress. Rest and nourishment can affect patience and energy. An overwhelmed home can make meals harder. Instead of trying to fix five separate problems, look for the connections.

CONNECT THE DOTS

What challenge appears more than once? _____

Is tiredness affecting several areas? Is lack of preparation creating daily stress?

Is an overloaded schedule crowding out what matters most? Is one difficult season temporarily requiring more attention?

If one area became just a little stronger, which other areas might improve too? Why?

USE YOUR STRENGTHS

Which flourishing habit, strength, or routine from Page 14 could help support an area that is struggling? _____

How could I use that strength more intentionally? _____

Which area most affects my everyday life? _____

Where could one small change make a meaningful difference? _____

CHOOSE YOUR PRIORITIES

Priority One: _____ Because: _____

Priority Two: _____ Because: _____

Optional Priority Three: _____

What am I intentionally NOT trying to improve right now? _____

In this season, a beautifully balanced life would look less like doing everything well and more like: _____

"If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him." James 1:5



MOVING FORWARD

Your Focus Areas

You do not need ten new goals. Choose one clear direction for each priority area. Keep it realistic for this season, and let faithfulness matter more than perfection.

FOCUS AREA 1

Pillar: _____

What I would like to nurture:

Why this matters in this season:

What faithfulness would look like:

FOCUS AREA 2

Pillar: _____

What I would like to nurture:

Why this matters in this season:

What faithfulness would look like:

FOCUS AREA 3

Pillar: _____

What I would like to nurture:

Why this matters in this season:

What faithfulness would look like:



MOVING FORWARD

Your Next Faithful Steps

Big changes are usually built through small repeated actions. Choose a step that is realistic enough to actually do. The point is faithful progress, not pressure.

GOAL 1

The smallest first step I can take this week:

When I will do it:

GOAL 2

The smallest first step I can take this week:

When I will do it:

GOAL 3

The smallest first step I can take this week:

When I will do it:

WHEN LIFE DOES NOT GO AS PLANNED

If I miss a step, how can I adjust instead of quitting?



KEEPING IT GOING

Your Beautifully Balanced Check-In

You do not need to repeat the full assessment every week. A short check-in can help you stay aware of what needs attention and adjust as your season changes.

MONTHLY CHECK-IN

How am I doing overall?

Which pillar feels strongest this month?

Which pillar needs a little more care?

What is one step I actually followed through on?

What do I want to carry into next month?

QUARTERLY CHECK-IN

How have my five pillar ratings changed?

Has my season changed?

Are my current priorities still the right ones?

What has the Lord taught me since my last assessment?

Would it help to complete the full Five-Pillar Assessment again?

My next check-in date:



MOVING FORWARD

A Grace-Filled Word to Close

You have taken time to look carefully at the life God has entrusted to you. Some areas may feel strong. Others may need attention. That is normal. A beautifully balanced life is formed through ordinary days of seeking the Lord and taking the next faithful step.

One thing this assessment helped me see:

One thing I am thankful for:

One change I want to begin with:

One area I want to pray about:

"Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths." Proverbs 3:5-6

You do not need to have every area figured out today. Begin with what the Lord has placed in front of you. Then take the next faithful step.



WHERE WILL YOU BEGIN?

Let your assessment point you toward your next faithful step.

You do not need to work on all five pillars at once. Begin with the one that needs the most thoughtful care in this season, and take one faithful step from there.

FAITH & SPIRITUAL GROWTH

If this pillar needs care, begin with simple, consistent time in Scripture and prayer.

Your next step: Scripture Writing Journals, 31-Day Devotionals, the Fruit of the Spirit Collection, and Overcoming Fear resources.

FAMILY & HOME

If this pillar needs attention, look for one routine or relationship you can intentionally nurture.

Your next step: family and home printables, planning tools, home-rhythm resources, and Christ-centered encouragement for everyday life.

HOLISTIC WELLNESS

If this pillar scored low, choose one supportive habit instead of trying to overhaul everything at once.

Your next step: healthy habits resources, wellness workshops, Nourish to Flourish, and BBL wellness support.

HEALTHY FOOD & NOURISHMENT

If nourishing yourself consistently feels difficult, begin by making meals simpler.

Your next step: meal-planning resources, grocery plans, nourishing recipes, and practical food guides.

TOXIN-FREE LIVING

If you are ready to make healthier home choices, start with one product or one area you use every day.

Your next step: toxin-free home guides, clean beauty education, essential oils education, and safer-product resources.

You do not need to fix everything today. Start with one pillar. Take one faithful step. Trust the Lord with the rest.

FIND YOUR NEXT STEP

Visit The Beautifully Balanced Life at:
TONYASHELBY.COM

MORE FROM THE BEAUTIFULLY BALANCED LIFE



The Beautifully Balanced Life was created to help Christian women nurture the life God has given them with grace, wisdom, and practical support.

CONTINUE YOUR BEAUTIFULLY BALANCED JOURNEY

FREE RESOURCES

Scripture writing plans, encouragement, practical wellness help, recipes, and home resources to help you take your next faithful step.

DIGITAL GUIDES & PRINTABLES

Guided journals, devotionals, planners, meal-planning tools, Scripture resources, and healthy-living guides designed to support everyday life.

COURSES & WORKSHOPS

Faith-centered wellness education for women who want more structure, support, and step-by-step guidance.

COMMUNITY & ONGOING SUPPORT

Join The Beautifully Balanced Life Community, connect through the email community, and find encouragement for faith, family, wellness, and home.

FEATURED RESOURCES

- Fruit of the Spirit 31-Day Scripture Study Collection
- Overcoming Fear Scripture Writing Resources
- Healthy habits and nourishment tools
- Practical wellness and toxin-free living resources
- The Beautifully Balanced Life Community

EXPLORE MORE AT:
TONYASHELBY.COM

ABOUT TONYA

Hi, I'm Mrs. Tonya Shelby.



I'm a missionary wife in Kenya, a Certified Christian Health Coach, holistic health mentor, biblical counselor, and the heart behind The Beautifully Balanced Life.

For many years, I have walked alongside women in ministry, family life, health challenges, and the ordinary responsibilities of everyday life. The Beautifully Balanced Life grew from a simple desire to help Christian women care faithfully for the life God has given them without feeling that they must do everything perfectly.

Through Scripture-centered encouragement, practical wellness education, nourishing food, family and home resources, and simpler toxin-free choices, my goal is to help you take the next faithful step toward a life that is healthier, more intentional, and firmly rooted in Christ.

LET'S STAY CONNECTED

I'd love to continue encouraging you.

WEBSITE

TONYASHELBY.COM

JOIN THE EMAIL COMMUNITY

Scripture-rooted encouragement, wellness help, and new resources.

JOIN THE COMMUNITY

The Beautifully Balanced Life Community on Facebook

SHOP BBL RESOURCES

Printable resources, devotionals, wellness tools, and more.

FOLLOW ALONG

@MrsTonyaShelby

A more balanced life for a greater purpose.