

A  
MORE

*Beautiful*  
LIFE

A Simple Five-Step Approach to  
Living Balanced Goals with HEART

WHITNEY ENGLISH

A PDF COMPANION TO THE AUDIOBOOK

*A More Beautiful Life*

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## Chapter 1

# GOALS GONE WRONG

### Write It Down, Make It Beautiful

Take a minute to respond to the questions below. Reflect on your earlier experiences with goal-setting, what has worked for you, and how you feel about your life now.

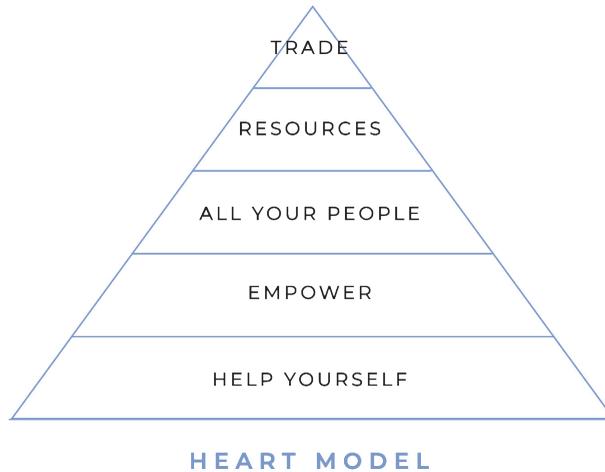
1. How do you feel about your life right now? Consider *what is* and *what could be*.
2. Have you achieved any big goals in the past? What has worked and what hasn't?
3. Do you have a current goal list? If so, what does it look like?



## *Chapter 2*

# HEART EXPLAINED





### **Write It Down, Make It Beautiful**

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1. What would it look like to stop asking what you want and ask what you need?
2. Where have you been ignoring your needs?
3. How is neglecting your needs affecting other areas of your life?
4. What is one thing you know you need right now?
5. What Life Segment does this represent?
6. What steps could you take to meet that need?



## *Chapter 3*

# “IT’S LIKE RIDING A BIKE!”

### **Write It Down, Make It Beautiful**

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1. Big picture, what’s your vision for your life?
2. What obstacles stand in your way, and how can you focus on the solution, rather than the obstacle?
3. Where could you take action? What do you think the next steps could be? Park them here. You may or may not come back to the list on this page. The important part of this exercise is in letting go of anything that might unknowingly be holding you back. We need a clean slate with plenty of blank space for designing a beautiful life.



## Chapter 4

# H-HELP YOURSELF

### Write It Down, Make It Beautiful

1. What is your vision for building a healthy human body? What is the next most ideal version of your physical self?
2. What is one next step you could focus on in each of the following categories:
  - Sleep
  - Water
  - Nutrition
  - Movement
3. Make a list of things you could do daily to improve your physical well-being. Start small. Pick one easy thing from this list and commit to implementing it starting tomorrow.



## Chapter 5

# E-EMPOWER YOURSELF

### Write It Down, Make It Beautiful

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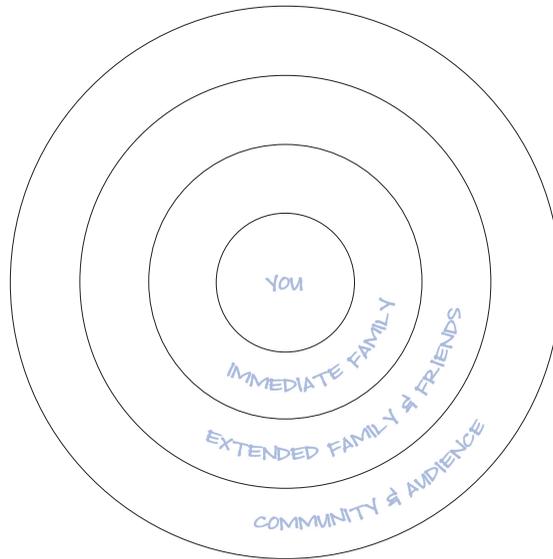
1. What do a healthy mind and healthy emotions look like for you?
2. What is your ideal vision for the spiritual part of your life?
3. What could you do to focus on improving your intellect?
4. How can you focus on getting in touch with your emotions and feelings?
5. What practices help you to be present, focused, and compassionate to yourself and others?
6. How can you familiarize yourself and get comfortable with a more focused spiritual practice?
7. What are some actions you can take? What are some things you'd like to read?
8. What would you like to journal about?
9. What new spiritual practices might you like to incorporate? If you're not ready to dive in, go someplace familiar, but remember, goodness happens on the other side of your comfort zone.



## Chapter 6

# A-ALL YOUR PEOPLE

### CONCENTRIC CIRCLE EXERCISE EXAMPLE



## Write It Down, Make It Beautiful

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1. Why are your relationships important to you?
2. Use the diagram on the previous page to document your concentric circle relationships. Does this look the way you'd like it to? Are there any changes you'd like to see, relationships you'd like to cultivate, or boundaries that need to be set?
3. What relationships are most meaningful? Most important?
4. Do any of your relationships need more investment or even a restructure?
5. Are your relationships emotionally fulfilling? Are any emotionally draining?
6. What is the purpose behind the relationships in the smaller circles?
7. How do you maintain and invest in your relationships?
8. How do you set boundaries in your relationships? Are you comfortable saying no or asking for help when you need it?
9. Who needs an investment infusion? How can you do this realistically?
10. What relationships are in maintenance mode right now? What does that look like?
11. Are there any toxic relationships that make you feel uncomfortable or smothered? What small next step can you take to mentally or physically create distance?



## *Chapter 7*

# R-RESOURCES AND RESPONSIBILITIES

### **Write It Down, Make It Beautiful**

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1. What is your vision for the finances portion of your life? What is the current state of your finances? Do you know what your financial needs are, specifically?
2. What is your vision for your home and living space? What does a safe and comfortable home feel like? Do you have any specific or unmet needs in this area?
3. What is your vision for your transportation or vehicle? Do you have any specific need or vision for this part of your life?
4. How often do you review your finances? How often do you need to review them? Do you have a financial road map for your future?
5. Do you ever have any surprise repairs or home issues? How can you prevent those in the future? What could you do today that would prevent chaos tomorrow?

6. You've heard the saying, "messy desk, messy mind." The same goes for our vehicles. Messy car, messy calendar. What could you do weekly or monthly to help maintain your vehicle?
7. What next steps do you need to take to improve your financial position?
8. What next steps do you need to take for maintaining your home space?
9. What next steps do you need to take to maintain your transportation or vehicle?



## Chapter 8

# T-TRADE AND TALENT

### Write It Down, Make It Beautiful

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1. What is your vision for the *Trade and Talent* portion of your life?
2. How does your trade add value and meaning to your life (helping financially, creating purpose, allowing for a passion project)?
3. Do you ever prioritize career, job, or work over the other Life Segments? How does this cost you?
4. When your *Trade and Talent* Life Segment is in balance with the others, what will that look like?
5. What are your current *Trade and Talent* projects?
6. Do you feel like you're spending too much time or not enough time in *Trade and Talent*?
7. What are the signs for you that *Trade and Talent* is overstepping its role as fifth in HEART?
8. Take a hard look at everything you're doing in the *Trade and Talent* Life Segment. What causes the most stress? What never seems to get done?

9. What brings your focus back to *Trade and Talent*?
10. Do you have a routine that acts as an opening and closing ritual for the time you spend on *Trade and Talent*?
11. What are the next steps you need to be focusing on for *Trade and Talent*?
12. Do any of your *Trade and Talent* projects need to be split into more manageable chunks? If so, list them here.
13. How can you track those goals? If you don't like tracking goals, is there another way you can check in with yourself on those projects, like journaling or meeting with an accountability partner?
14. Be honest with yourself about what you're trying to achieve in *Trade and Talent*: Is it too much? What is "enough"?



## Chapter 9

# THE POWER OF YOUR HEART

### SAMPLE LIST

	GOAL IDEAS:		
	NEED MORE UNINTERRUPTED WORK HOURS.	T	W
♡	I'D LIKE TO GET IN MORE STEPS DAILY.	H	D
	I'D LIKE TO HAVE A DATE NIGHT ONCE A MONTH.	f	M
	I'D LIKE TO READ MORE BUT SPEND LESS ON BOOKS.	e/R	D

## SAMPLE GOAL GRID

	H	E	A	R	T
LONG TERM	SPA DAY		EUROPE TRIP — KIDS PIANO	TIRES NEXT YEAR	
YEARLY	MEDICAL: PHYSICAL DENTIST DERM.	SOLO RETREAT	TRIP W/ DAVID — FAMILY VACATION	HOA MTG.	TEAM RETREAT
QUARTERLY	TRY A NEW HEALTHY RECIPE — REFILL RX		YES DAY	AIR FILTERS ICE MACHINE OIL CHANGE	TAXES
MONTHLY	MANICURE HAIR APPT		DATE NIGHT	RECYCLING LOG MILEAGE TAX DOCS.	TEAM MEETING —MARKETING —WEBSITE BUFF SHOP
WEEKLY	SLEEP IN — BARRE X 2 — MEAL PREP	CHURCH — PODCAST — MEDITATION	FAMILY DINNER — CALL MOM FAM. PIC.	CLEAN HOUSE — BILLS — MEDITATION	TIMEBLOCK — WEEKLY REVIEW
DAILY	WALK WATER	READ WRITE PRAY	ENGAGE W/ EACH KID & DAVID	LIBRARY CARD — 10 MIN. TIDY	—EMAIL —WRITE —DRAW —DESIGN

## Write It Down, Make It Beautiful

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1. Fill out your Goal Grid included below. These buckets may only need a daily or weekly response. Some may only be annually or one-time.
2. Consider your daily tasks that don't need to be put in your calendar but must be done consistently. Can you create a morning and evening routine that checks off all daily tasks?
3. Gather a list of what you need to do every day. Which of these tasks belong in the morning? Which belong in the evening?
4. What's something you already do every morning that you can build into your morning routine?
5. What's something you already do every night that you can build into your evening routine?

### Morning Routine:

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#### Wake up time:

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### Evening Routine:

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#### Bedtime:

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Designate your prep days for weekly, monthly, quarterly, and annual tasks and put them in your calendar:

Weekly:

Monthly:

Quarterly:

Annual:



## Chapter 10

# IS THIS THING BROKEN?

### Write It Down, Make It Beautiful

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1. List things you like about yourself. Maybe you have great shoulders, a sense of humor, a sympathetic heart. We often apologize for features like these. Take some time to be grateful for them.
2. List skills you possess. Maybe you can cook, make a mean cocktail, entertain children and dogs, or make that funny *Star Trek* hand gesture! Big or small, take a moment to appreciate your gifts and abilities.
3. List things you're proud of. This is my favorite dinner party question. It gives people a chance to tell you what really matters to them, without feeling like they're bragging. So, go on, brag!
4. List hardships you have overcome. What skills helped you overcome? Make note of these characteristics to remind yourself of your strength, spirit, and potential.

5. List people who have helped you. How would these people describe you? What positive traits would they say you have? Note these traits and use visualization to incorporate them into your self-image.
6. List people you have helped. When you help others, you provide value to yourself and to them.
7. List things you appreciate about your life. Go for double digits on this one! Small gratitude brings great change. It could be something as small and temporary as a dish soap bubble, but appreciating it will transform your life.
8. This week, ask yourself this question: Can I see where I'm going? Take that mental picture and go!



## *Chapter 11*

# SMALL WINS AND LASTING CHANGE

### **Write It Down, Make It Beautiful**

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You can look at all these lists and see the impossible, or you can see a challenge. Tell yourself:

1. When you look at all your lists and see the impossible, how can you show yourself some grace?
2. How can you reduce your speed and find a sustainable pace?
3. Brainstorm ideas on how you can recognize and appreciate the small wins.



## *Chapter 12*

# HEART IN ACTION

### **Write It Down, Make It Beautiful**

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1. What does a beautiful life look like for you? With your needs met, what type of person are you empowered to be?
2. Make a list of adjectives or phrases describing the beautiful person you're becoming and the beautiful life you're living now. Print it out or make a collage, and put it somewhere you can see it.