

# October 2025 - Balance

A Monthly Workbook  
from Serenity in Motion

My Love,

October is a month of gentle recalibration. The energy is neither full bloom nor deep hibernation—it is the exhale between the two. This is the time to ask: where do I need more ease? More rhythm? More space? And where am I ready to offer more devotion?

Balance is not about perfection—it's about harmony. And this month, we explore what that truly means.

With love,

Lily

*“Balance isn’t something you find, it is something you choose - over and over again”*

This month’s quote invites you to see balance not as a destination but as a practice.

It doesn’t require the absence of chaos or the perfect routine. It simply asks for you to keep choosing presence.

To keep returning to centre. To honour both the stillness and the motion.

## *Journal Prompts*

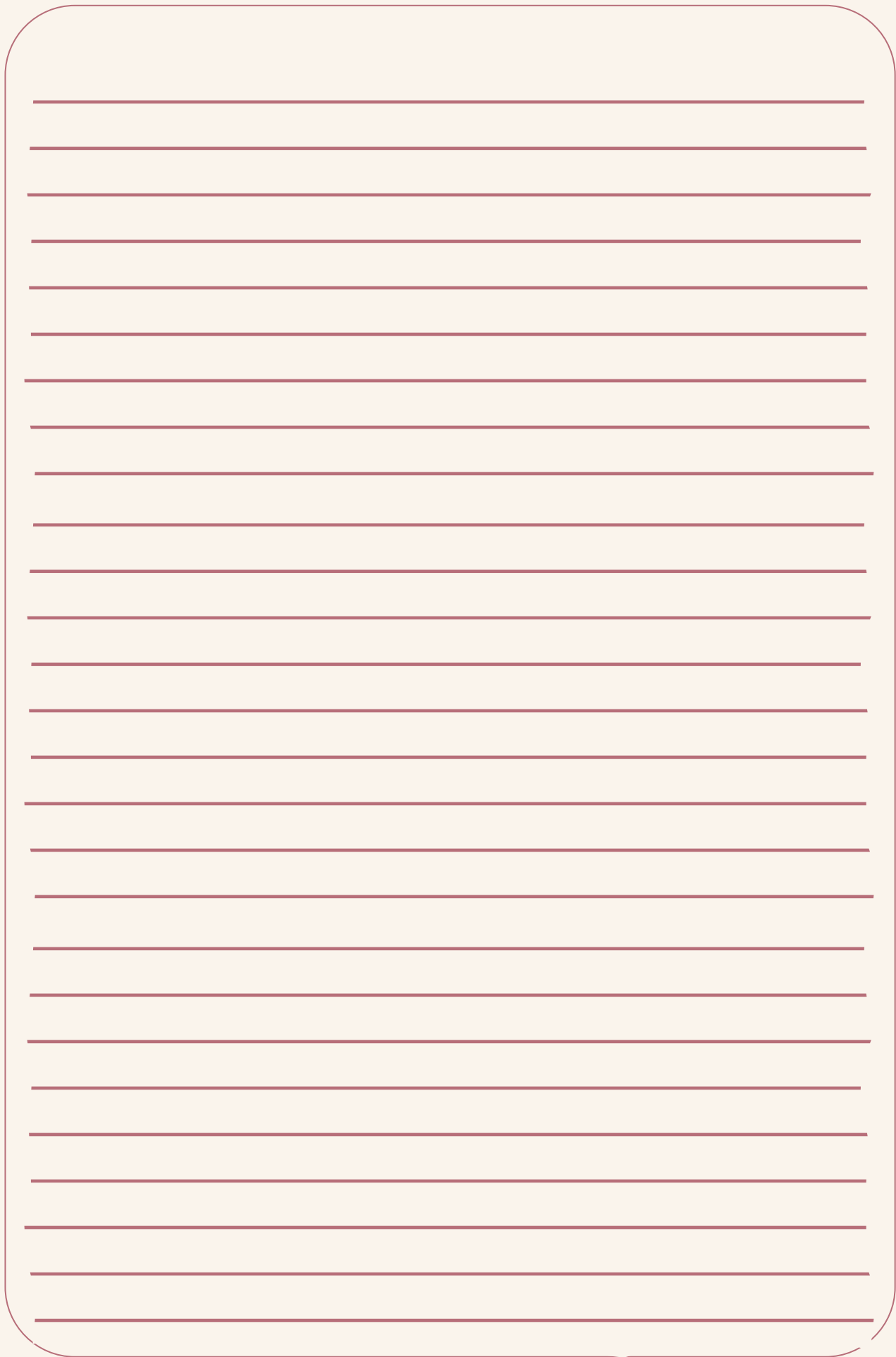
Where in my life do I feel a sense of balance right now?

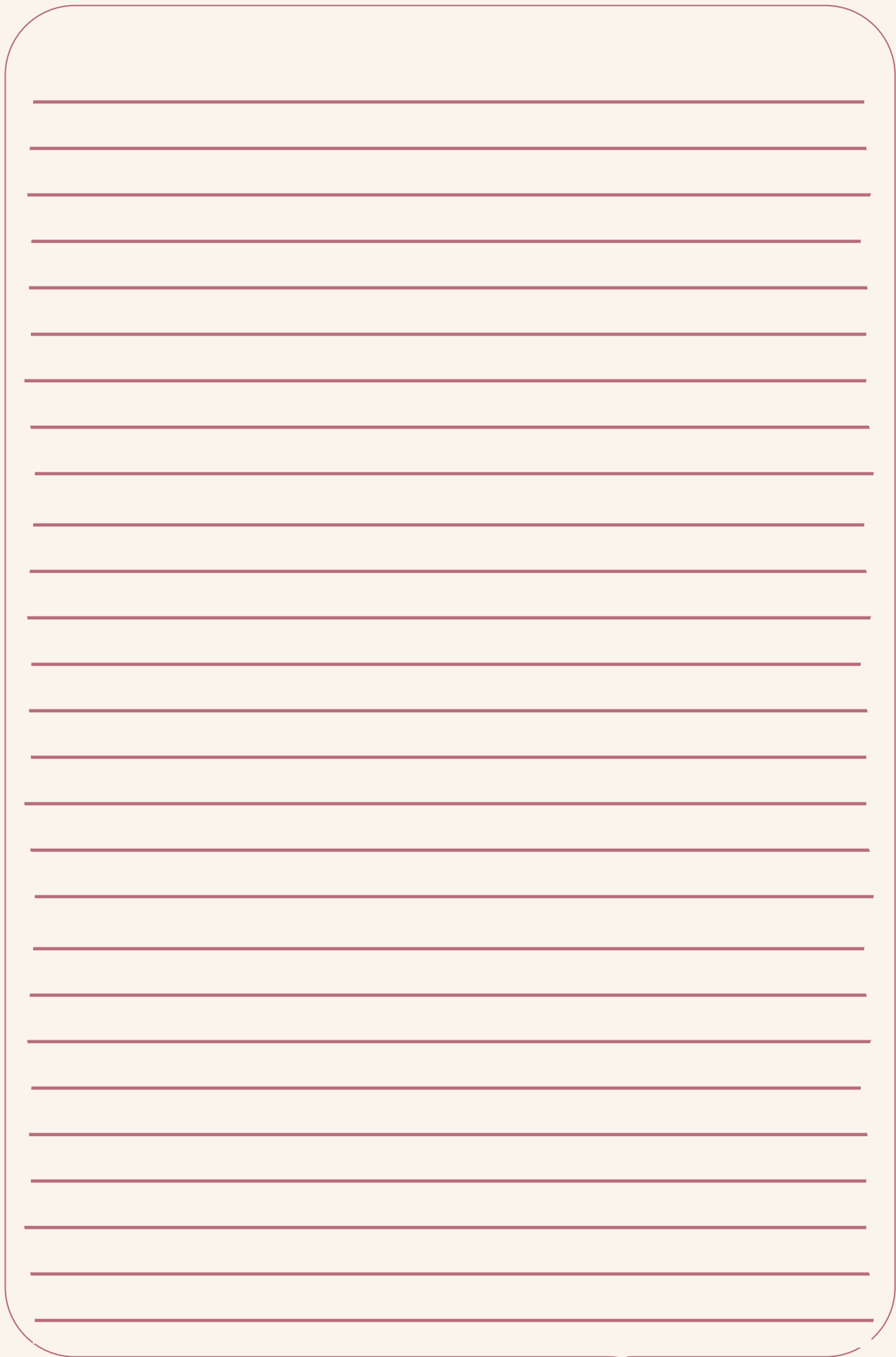
What feels out of alignment—and what might help it feel softer?

How do I typically respond when things feel chaotic?

What small rituals help me return to myself?

What would it look like to honour both my effort and my rest this month?





## *Affirmations*

I create space for both stillness and movement.

Balance is not a goal—it is my nature.

I honour my capacity in each moment.

My breath returns me to centre.

I am whole, even as I shift.

## *The Practice: The Balancing Breath*

This month, practice returning to your breath.

When you inhale, imagine drawing energy up from the earth. When you exhale, feel yourself softening down into grounded calm.

Try this for just two minutes a day—first thing in the morning or when you feel off-centre.

Let your breath be a tuning fork, calling you back to harmony.

## *Challenge: Cultivate Your Compass*

This month, your invitation is to discover your inner compass — the quiet signals that help you return to balance. Here's how you can explore it throughout the month:

Begin a 'balance log' — each evening, jot down one thing that felt nourishing and one thing that felt draining.

Experiment with yes and no — say no once a week to something you don't want to do. Say yes to something that brings joy.

Pick a symbol of balance — maybe it's a stone, a piece of jewellery, a flower. Keep it nearby as a physical reminder.

Have a midpoint check-in — around the 15th, take 20 minutes to reflect: what's working, what isn't, and what needs adjusting? There's no way to fail at this challenge. It's an experiment in listening. That's where the balance lives.

## *Closing Reflection*

Balance may not always be symmetrical, but it is always sacred. Let this month be an invitation to honour the pauses, the pivots, the recalibrations. And know that each time you choose yourself — gently, honestly — you are choosing balance. You are choosing beauty.

