



# YOU CAN HAVE IT ALL

How to Design a Business that  
Supports the Life You Want to Live

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# WELCOME TO POSSIBILITY

You were never meant to choose between your ambition and your wellbeing.

Between building wealth and living in integrity.

Or between your life and your work.

This workbook is a reclamation of what you want.  
Of how you want to feel. Of the truth that you can,  
in fact, have it all—when it's built from your truth,  
and not your conditioning.

What if your business could be the container  
that supports your full expression—not the  
reason you're constantly burned out or  
stretched thin?

What if you didn't have to sacrifice your nervous  
system, your motherhood, your softness, or  
your joy to create something powerful in the  
world?

I know what it feels like to build a business that  
checks all the external boxes... while your inner  
world is running on fumes, exhausted, burnt out  
and you're left wondering "*Is this really it?*"

I also know what's possible when you choose to  
build differently—when you design from your  
vision, not from your fear.

To wake up feeling fuelled by your work,  
anchored in your purpose while making a profit  
and your nervous system able to hold all the  
success that you are building. Let's begin.



xo Nicola

# SOMATIC CHECK IN

**Before we begin**, let's create some stillness to allow our bodies to be heard while we quieten our minds, slow our breath and come back into ourselves.

Place one hand on your heart, the other on your belly.

Close your eyes or soften your gaze.

Take three slow breaths, intentionally breathing into the belly.

Let the rhythm of your inhale and exhale feel nourishing to your own body. Nothing forced, just ease with every breath.

Begin to notice where your body feels open... and where it feels tight or constricted.

Ask yourself gently:

- Where am I holding tension—and can I soften it, even 5%?
- What does yes feel like in my body?
- What does no feel like?
- How do I know when something is aligned for me?
- What sensations are present in my body when I know it is right for me?

Let the answers come through sensation in the body, not logic from your mind.

*Scan this QR code for the audio guided version of this practice.*



# JOURNAL PROMPT

In this moment, my body is telling me...

# PART 1: THE VISION

**"You don't need to find your vision—you need to remember it."**

Under the noise, the pressure, the shoulds, there's a quieter truth.

A knowing that lives in your bones.

In this section, we'll get honest and unfiltered.

Not about what sounds good on paper. Not about checking boxes.

But what your soul is craving.

Not what makes sense.

But what makes you come alive.

## **TUNING INTO DESIRE: SOMATIC EXPERIENCE**

1. Close your eyes.
2. Breathe slowly in through your nose, out through your mouth.
3. Ask yourself:
  - "What do I want, really?" Allow yourself to dream your most audacious dream out loud. Do not water this down to what's possible or what you believe you can achieve. Just listen to what comes up, even if it terrifies you to think about.
  - "What does having it all look like for me?"
4. Let the answers rise through images, sensations, or feelings—not logic.
5. When you feel complete, write down what came through.

*Scan this QR code for the audio guided version of this practice.*



# JOURNAL PROMPT

## VISION UNFILTERED

Respond freely. Let your truth be messy, raw, expansive.

- What does having it all feel like in your body?
- If you could design a day that supports your highest self, what would it include? What would it not include?
- What do you crave more of? Less of?
- What rhythms, relationships, or environments feel like soul-alignment?
- Where have you been compromising your joy for productivity?
- What part of your vision have you been afraid to claim out loud?

# JOURNAL PROMPT

## YOUR VISION MAP

Use the space below to map your vision for life & work 3 years from now.

You can draw it, list it, mind map it—whatever brings it alive for you. I encourage you to include:

- How you feel moving through your day
- What your business looks like (offers, schedule, income)
- How your life flows (mornings, relationships, environment, energy)

Do not map this from the perspective of what feels possible but instead from the core truth of what your soul is calling you towards.

# JOURNAL PROMPT

YOUR VISION MAP CONT.

**“YOU’LL NEVER FEEL FULFILLED IF YOU’RE BUILDING A LIFE THAT ISN’T YOURS TO BEGIN WITH. YOUR VISION IS A RECLAMATION—OF YOUR TRUTH, YOUR RHYTHM, YOUR REAL DESIRES.”**



# PART 2: THE ALIGNED BIZ

## A BUSINESS THAT SERVES YOUR LIFE

You don't exist to serve your business.

Your business exists to serve you and the life you desire to live.

We're taught to fit ourselves into boxes—coaching models, industry standards, launch calendars.

But what if the model could bend to your life?

In this section, you'll start building a business that honors your capacity, your creativity, and your nervous system.

**Your business model** = What you sell + How you deliver it + What you earn + What it costs (energetically + financially). Reflect on these prompts, we will dive in more deeply with them next.

Let's break it down:

- Offers – What are you selling? Are these aligned with your zone of genius and your lifestyle?
- Time – How many hours per week are you working? How much time does each offer require?
- Revenue – Are you pricing in a way that supports your financial desires and time freedom?
- Energy – What's the nervous system cost of how you're currently working?

## THE ALIGNED BUSINESS MODEL

- What parts of your current business feel heavy, draining, or misaligned?
- What offers no longer feel like a fit—even if they're profitable?
- What would I never want to do again in my business?
- What do I wish I had more energy and time for?
- If my nervous system was the CEO, what decisions would change?

# BIZ MODEL AUDIT

ELEMENT	CURRENT REALITY	DESIRED ALIGNMENT
CORE OFFERS/ SERVICES/ PRODUCTS		
PRICING		
TIME COMMITMENT		
DELIVERY STYLE		
MARKETING APPROACH		
REVENUE (MONTH/ ANNUAL)		
ENERGY/ CAPACITY COST		

# ALIGNMENT MAPPING

## ALIGNED OFFER STACK

Let's reimagine your offer/services/product suite based on your life –not the version of success that you've been conditioned to believe.

Frame this section from the areas of Body, Mind, Soul, Family, Relationships, etc to ensure you are creating a wholistic vision of your life. Add in any areas that of importance in your life.

What values feel important to live by?

What lifestyle and schedule desires do I want to live by?

What energy output feels juicy & aligned?

What is my income goal over the next 12 months?

In the next section, you are going to evaluate your capacity moving forward. Be honest on a scale of 1-5 on the level of time, energy and joy for what you would like to create. If you need more time to decide what to offer and how, spend some time brainstorming this. There is no rush to complete this all at once.

# CAPACITY MAPPING

OFFER/ SERVICE/ PRODUCT	TIME REQUIRED (1-5)	ENERGY (1-5)	JOY (1-5)	NOTES

# PART 3: THE PATH FORWARD

## CLARITY MEANS NOTHING WITHOUT ACTION

You don't need a 10-year plan.

You need your next brave step.

This is where most people stall. They wait for the perfect plan, the guaranteed outcome, the “right” time.

But what you need most is momentum rooted in truth.

In this section, you'll name what's next—and begin leading yourself toward it, *one aligned step at a time*.

## SELF-LEADERSHIP STARTS HERE

- What feels clear now that didn't before?
- What do I need to take radical responsibility for, starting today?
- What fears, doubts, or distractions do I want to consciously move through?
- What support structures (people, tools, systems) will help me stay aligned?

# ONE BRAVE STEP MAPPING

AREA OF FOCUS	BRAVE STEP TO TAKE THIS WEEK	NOTES/ SUPPORT NEEDED
VISION IMPLEMENTATION		
BUSINESS MODEL SHIFT		
NERVOUS SYSTEM SUPPORT		
MESSAGING/ BOUNDARIES		
ALIGNED ACTION		

# PART 3: ANCHORING STATEMENT

## OWN THE PATH YOU'RE CREATING

Create a bold, soul-led sentence that reminds you of what you're building:

Prompt:

I am building a business that \_\_\_\_\_ because I believe \_\_\_\_\_.

Examples:

- I am building a business that honors my energy because I believe impact doesn't require burnout.
- I am building a business that supports my freedom because I believe my family deserves the best of me, not what's left of me.

*I encourage you to share it, post it, speak it, revisit it often.*



# SOMATIC EXPERIENCE

## ANCHORING INTO TRUTH: SOMATIC EXPERIENCE

1. Close your eyes.
2. Take a deep breath in through your nose... Exhale slowly through your mouth.
3. Let your shoulders drop. Let your belly soften.
4. Begin Tapping Gently. (Use your fingertips to tap gently on your chest, just below the collarbones—heart center area.)
5. As you tap, repeat your anchoring statement slowly:
6. “I am building a business that \_\_\_\_\_ because I believe \_\_\_\_\_.”
7. Say it out loud 10 times. Let each word settle deeper.
8. Notice how your body responds. Breathe With It
9. Inhale: “I receive this truth.”
10. Exhale: “I anchor this in my body.”
11. Let your nervous system feel the truth of your statement—not just as words, but as a lived reality.
12. Now scan your body.
13. Ask: Where does this truth live in me?
  - a. Is it in your chest? Belly? Hands? Spine?
14. Place your hands on that part of your body.
15. Whisper your anchoring statement one last time.
16. Begin to close the Practice by thank your body for showing up
17. Say: “It is safe to build this way. I’m allowed to have it all.”
18. Take one final breath and gently return to your space.

*Scan this QR code for the audio guided version of this practice.*



# JOURNAL PROMPT

Where did I feel this truth in my body?

What shifted when I spoke it with presence?

What will I now do differently because of this?

You've remembered what you want.

You've reimagined what's possible.

You've begun to build a business that supports not just your goals, but your life.

This isn't just strategy.

This is self-leadership.

This is somatic integrity.

This is you choosing to take responsibility for what you're creating—on your terms.

You now hold a map back to yourself.

And from here, you get to decide how far you go.

# AN INVITATION

This workbook is only the beginning.

If you're ready to keep walking this path—to build a business rooted in your nervous system's truth, your vision's clarity, and your soul's strategy—I'd love to walk beside you.

Check out **[www.nicolaharris.com](http://www.nicolaharris.com)** for ways we can work together.

+ Stay connected and tag me in your journey @nicola.c.harris – I'd love to witness what you're creating.



**Before you close this workbook, take one more breath.**

Place your hand on your heart.

Whisper your anchoring statement.

Let it land. Let it lead you.

**You can have it all.**

**And you're the one who gets to define what all means.**

*xo Nicola*