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The Balance Report #002
September 2026

There are seasons for adding more.

More ideas.
More plans.
More effort.
More movement.

And then there are seasons when the most interesting question is not what else you could add, but what happens when you stop giving so much of yourself away.

Where is your life force going?
What are you feeding with your attention, your energy, your time?
Where are you making yourself smaller without even noticing?
And what might become possible if you stopped trying to fill every empty space with an answer?

September has had me thinking about all of these things.

About power and softness.
About the uncomfortable space between what was and what will be.
About the difference between holding back and allowing.
About what happens when we invest our energy back into ourselves - and what can happen to another human being when they are met with genuine kindness rather than another demand to become better.

There is no neat conclusion tying all of these things together.

I don’t think there needs to be.

Maybe this issue is simply an invitation to notice.

What you are giving.
What you are holding.
What you are holding back.

And what might unfold if you left a little more space for life to meet you.

Welcome to the **September Balance Report.**

Anna

Are you investing your life force into yourself?

We talk a lot about where we invest our money.

Whether something is worth the cost.
Whether it will appreciate or depreciate.
Whether it generates a return.

We talk considerably less about where we invest something far more precious.

Our life force.

Because every day, you are investing it somewhere.

Into your work.
Your business.
Your children.
Your relationships.

Your responsibilities.
Other people's needs.
Other people's expectations.

And, hopefully, into yourself.
Some of these investments give you a return.
You put energy into something and somehow come back with more.

More alive.
More creative.
More spacious.
More connected to yourself.

You go for a walk and return with an idea.

You spend an evening with someone and leave with more energy than you arrived with.

You lift something heavy and somehow feel lighter.

You spend money on an experience and come home richer.

You make a decision you've been avoiding and suddenly there is energy available that you didn't even realise was tied up.

You create something simply because you want to create it.

You rest.

You play.

You leave.

You begin.

And the life force you receive back becomes available to invest again.

This is compounding.

Not just financially.

Energetically.

You invest in yourself.
The investment generates a return.
The return becomes new capital.
And that capital can be invested again.

Over time, you become more resourced.

Not because you've learned to squeeze more out of yourself.

But because you've stopped treating yourself as an endlessly renewable resource.

Because there is another way we use our life force.

We give it away.

Sometimes consciously.

Loving people costs energy. Raising children costs energy. Building something meaningful costs energy. Caring for someone who needs us costs energy.

Not every investment needs to give us an immediate return to be worth making.

But sometimes we give our life force away for entirely different reasons.

Guilt.
Responsibility.
Habit.
Expectation.
A misguided idea of selflessness.
Because someone wants something from us.

Because we *could* do it.
Because we've always been the person who does.

And perhaps one of the most expensive beliefs we can carry is this:
If I have the capacity, I should use it.

But just because you have the capacity to carry something doesn't mean carrying it is a good investment of your capacity.

There is a difference between using your life force and depleting it.

When you continually invest your energy into places that don't return anything to you — not meaning, not joy, not connection, not growth, not even the quiet satisfaction of knowing *this matters to me* — eventually you start consuming the principal.

And once you start consuming the principal, everything becomes more expensive.

The same work requires more effort.
The same responsibilities feel heavier.
The same decisions take longer.
The same life requires more of you to maintain.

So you push harder.

Give more.

Become more efficient.

Try to increase your capacity.

When perhaps the question was never how to create more capacity.

Perhaps the question was:
Where is your life force going?

And I don't mean this as another invitation to optimise yourself.

Investing in yourself doesn’t necessarily look like massages, bubble baths and carefully scheduled self-care.

It might look like strength training.
A difficult conversation.
Buying the ticket.
Spending money on something that makes absolutely no practical sense but makes you feel gloriously alive.
Closing a business.
Starting one.
Taking the afternoon off.
Learning something for no reason other than fascination.
Saying no without constructing an argument for why your no is reasonable.
Going somewhere beautiful.
Sitting alone long enough to hear yourself think.
Choosing the thing that gives you energy instead of the thing that proves how much you can handle.
Choosing yourself.

The question isn’t:
Is this selfish or selfless?

The question is:
What happens to my life force when I put it here?

Does it disappear?
Does it maintain something I consciously choose to maintain?
Or does it come back to me with a return?

Because perhaps the most important portfolio you will ever manage is not the one containing your financial assets.

It is the one containing your time, your attention, your energy, your curiosity, your desire, your capacity.

Your life force.

To me, the goal isn't to preserve it.
The goal is to invest it so well that it keeps coming back to you.

Compounded.

THE IN-BETWEEN

There are moments in life when you know where you have been, but you can no longer see where you are going.

The old has stopped making sense.
The new hasn't revealed itself yet.

You are no longer who you were, but you don't quite know who you are becoming.

Welcome to *the in-between*.

We tend to treat these spaces as problems to solve.

We want clarity.
A plan.
A decision.
A direction.

We want to know what happens next.

Because we have been taught to feel safe in the known. We know how to navigate what is familiar. We know how to plan for what is predictable.

And when we suddenly find ourselves without the next coordinates, the mind gets very loud.

You should know by now.
You need to figure this out.
Everyone else seems to know where they're going

Everyone else seems to know where they're going.
Do something.

But perhaps the in-between isn't asking you to figure anything out.

Perhaps it is asking you to stay.

THE SPACES BETWEEN

Long before I thought about the in-between as something metaphysical, I knew it through the body.

I am trained in Yin Yoga, Restorative Yoga and Yoga Nidra — the deeper, slower, softer practices.

And Yin, in many ways, is a practice of the in-between.

We work with fascia and connective tissue — the structures that exist between and around the more obvious structures of the body.

We stay in poses longer than feels familiar.

We notice the space between one breath and the next.

The quiet between thoughts.

Even the practice itself becomes an in-between: a space between the moment you walk through the door and the moment you step back into your life.

There are so many in-betweens we rarely notice.

Between inhale and exhale.
Between question and answer.
Between decision and result.
Between who you were and who you are becoming.
Between arriving and leaving.

And, ultimately, the greatest in-between of them all:
between being born and leaving this body.

Perhaps the in-between was never the problem.
Perhaps we simply forgot how to inhabit it.

THE PREDICTABLE FUTURE

At the Joe Dispenza retreat I attended in Basel this month, we spent a lot of time in what he calls *the void* — moving beyond the familiar past and the predictable future and into the unknown.

I love that distinction.

Because the predictable future isn't necessarily bad.
It is simply predictable.

If I think the same thoughts, make the same choices, follow the same routines, meet the same people and move through the same environments, tomorrow has a fairly good chance of resembling yesterday.

There is safety in that.

But there are also only so many possibilities available from inside what we already know.

Then something changes.

Sometimes we choose it.

We leave the job.
End the relationship.
Move somewhere new.
Book the journey.
Change direction.
Say no to something we have always said yes to.

And sometimes life chooses it for us.

Suddenly the railway tracks disappear.

And there you are.

Floating.

THE VOID IS NOT EMPTY
This is the part I find most beautiful.

The void may look empty because nothing has taken form yet.

But empty and unformed are not the same thing.

The void is not empty. It is simply not formed yet.

The moment you step away from the predetermined path, possibilities appear that could not have existed — or perhaps could not have been seen — from where you were standing before.

A different conversation becomes possible.
A different person crosses your path.
A different idea lands in you.

You notice something you couldn’t notice while you were busy following the route you had already decided upon.

The in-between becomes less like being lost and more like standing at an enormous crossroads.

There isn’t one road in front of you anymore.
There are many.

And your work is not to choose one as quickly as possible.

Your work is to stay at the crossroads long enough to discover which direction is actually yours.

DON’T RUSH TO FILL IT
This is where the practice begins.

Because uncertainty creates an almost irresistible urge to fill the space.

With plans.
Decisions.
Advice.
Another strategy.
Another relationship.
Another project.
Another goal.

Anything that lets us say:
There. Now I know again.

But when we rush to fill the in-between, we often choose from the part of us that is most uncomfortable with uncertainty.

We choose because we are afraid.

Because we think we're running out of time.

Because other people seem to be moving.

Because having *a* direction feels safer than having none.

What if you didn't?

What if you let yourself float for a while?

What if you stopped demanding an answer from a question that is still unfolding?

What if you became curious about the space instead of trying to escape it?

What if you played there?
Rested there?
Listened there?

What if, instead of asking
How do I get out of this?

you asked
What is becoming possible because I am here?

NOTHING STAYS IN-BETWEEN FOREVER
There is something else worth remembering.

An in-between is, by definition, temporary.

It isn’t a destination.

It is the space between where you were and where you are going.

You will know again.
Something will take form.
A direction will emerge.
The next step will become visible.

And perhaps the greatest gift you can give yourself is not to decide what that next chapter must look like before it has had the chance to reveal itself.

So if you are in an in-between right now, you don’t necessarily need to find your way out.

You might simply need to let yourself be there.

Between the breaths.
Between the thoughts.
Between the old life and whatever comes next.

Nothing is certain here.

And that is precisely why so much is possible.

Face Reading:
How your face shows you're holding back your power

There is a line - sometimes more than one - that I see on the noses of a surprising number of powerful women.

Once you know what you’re looking for, it becomes difficult not to see it.

It looks almost as though the nose is being pulled back towards the face.

And in Face Reading, that is interesting.

The nose is associated with ambition. With our willingness to move forward, take up space, want something and go after it.

And with ambition comes power.

So when someone has those lines, it shows a pattern of pulling that power back.

Not consciously.

Most women I see this in would probably never describe themselves as afraid of their own power. They are often highly capable. Accomplished. Intelligent. Women who lead, decide, create and carry enormous amounts of responsibility.

And yet there can be another movement happening underneath all of that.

A subtle *retraction*.

Don’t be too much.
Don’t come on too strong.

Don’t come on too strong.
Don’t intimidate anyone.
Soften it.
Make yourself a little smaller.
Pull yourself back.

And over time, according to face reading, the face can begin to tell the story of that movement.

Because the emotions you repeatedly hold inside affect the movements you make with your facial muscles. And movements repeated often enough eventually etches into the skin as facial lines. That is one of the foundations of Face Reading: the lines on your face tells about the movements you have repeated over and over again - and the emotions behind them.

What fascinates me is that I often see the same pattern somewhere else:
In the voice.

Listen to the difference between the voice you use when you are speaking from deep inside your body and the voice that appears when you are trying to be agreeable, pleasant or non-threatening.

For many women, the latter moves upwards.
It becomes higher. Lighter. Girlier.

There is nothing inherently wrong with a high voice. This isn’t about deciding that one kind of voice is better than another.

It’s about noticing whether your voice changes when *you* change.

What happens to it when you walk into a room with authority?
When you talk about finances?
When you name your price?
When you disagree?
When you are trying to be liked?
When you say exactly what you want?
When you stop asking for permission?

Does your voice stay with you?
Or does it travel upwards, away from the body, as though some part of you is trying to make your power more palatable?

Because we don't only hold ourselves back through the decisions we don't make.

Sometimes we hold ourselves back physically.

We retract.
We weaken.
We raise our voices.
We make our statements sound like questions.
We smile while saying something that requires no smile.

We unconsciously communicate:
I have power - but don't worry. I won't use too much of it.

The invitation isn't to become more powerful.
I think you already are.

The invitation is simply to notice all the tiny places where you have learned to pull that power back.

And let yourself come forward.

The Reading Nook: Ted Lasso

I have a confession to make.
Ted Lasso is one of my role models.

Not because he always knows what he's doing.

Quite the opposite, actually.

He walks into a world he knows almost nothing about and somehow manages to change almost everyone around him.

Not through expertise.
Not through authority.
Not through being the smartest person in the room.

Through kindness.
Genuine, almost unreasonable kindness.

Ted sees people differently.

He sees beyond the behaviour to the person underneath it. Beyond the arrogance, the anger, the defensiveness, the mistakes.

And perhaps most importantly, he doesn't seem to need people to become different before he treats them as if they matter.

Think about Jamie Tartt.
Roy Kent.
Rebecca.
Even Nate.

Ted's kindness doesn't make everyone instantly kinder in return. It doesn't protect him from betrayal, disappointment or pain. Quite the opposite - people often mistake the kindness for naivety or stupidity.

But over time, something happens.

People soften.
They become braver.
More generous.
More *themselves*.

Not because Ted tells them who they should become, but because the way he sees them gives them enough room to discover it for themselves.

And I think there is something incredibly powerful in that.

We talk so much about leadership as the ability to influence people.

To motivate them.
Develop them.
Challenge them.
Get the best out of them.

Ted does something slightly different.

He believes in people.

Sometimes long before they have earned it.
Sometimes long before they believe in themselves.

And that belief becomes a space they can grow into.

That doesn’t mean he has no boundaries. It doesn’t mean kindness requires accepting everything. And it certainly doesn’t mean kindness is weakness.

Quite the opposite.

There is enormous strength in remaining kind in a world that constantly gives you reasons not to be.

That is why I keep coming back to Ted Lasso.

Because underneath the football and the biscuits and the ridiculous one-liners, it is a story about what happens to people when they are genuinely well received.

And maybe that is one of the greatest gifts we can give another human being:

To see who they are.

To see who they could become.
And to give them enough space to find their own way there.

Season 4 may or may not live up to the first three seasons.

But Ted?
He's still Ted. Changing people by his mere presence.

He’s one of my role models: as a coach, as a mentor, as a human.

Closing notes

Balance isn’t something we achieve.
It’s something we keep returning to.

A small adjustment here.
A little more space there.
An honest no.
An unexpected yes.
A moment when we notice that our energy has been flowing everywhere except back towards ourselves.

And then we choose again.

This month, I hope you choose something that gives something back to you.

I hope you let some things remain unanswered.

I hope you take up the space you have been subtly retreating from.

I hope you meet yourself -and perhaps someone else - with a little more kindness than seems reasonable.

And I hope you remember that you don’t have to know exactly where

you are going for your life to be moving.

Sometimes the most important thing is simply to stop pulling at what is trying to unfold.

See you in October,

Anna

There is always another room to enter

The Study

One conversation.
A question, decision, situation or possibility that wants your attention. A private space to think, see differently, and hear yourself clearly.

Enter The Study here.

The Orangery

Three months.
Private mentorship for the woman who wants space to think, see differently, and let what comes next unfold.

Step into
The Orangery here.

The Excursion

One day.
One woman.
One business.

A private, in-person experience in Stockholm for business, finances

A private, in-person experience in Stockholm for business, finances, leadership and life.

Join me on
The Excursion.

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