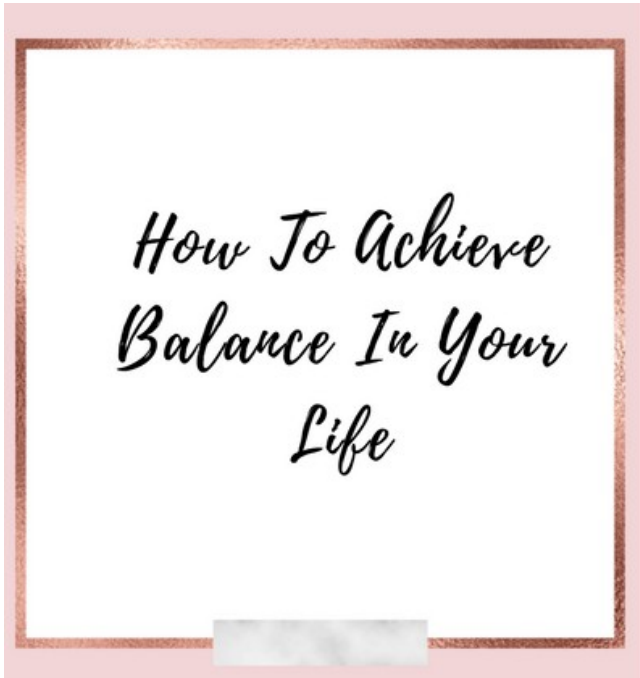


How To Achieve Balance In Your Life

Following the items on this checklist will help you establish and maintain balance among the various areas of your life. Give it a try. Check off each item that you already do, and then add the others, one at a time, until they all become habits. For the full course please visit <https://www.badassgirlboss.com/achieve-balance-in-your-life/>



Relationships

- ☐ Add responsibilities responsibly
- ☐ Communicate your needs clearly
- ☐ Learn to compromise

Body and Health

- ☐ Pay attention to your body's signals
- ☐ exercise
- ☐ Eliminate caffeine
- ☐ Get enough sleep
- ☐ Eat dinner as a family

Personal & Spiritual Growth

- ☐ Find your spiritual connection
- ☐ Take the time to reflect on each day and on your life as a whole

☐ Get involved in helping others

Career

☐ Watch your debt so you don't have to work all the time to pay it off

☐ Avoid career burnout

☐ Limit work hours

☐ Turn off your cell phone after hours

☐ Pick a weekly day of rest

Finances

☐ Create a budget

☐ Balance your checkbook each month, noting expenditures

☐ Live within your means

☐ Pay cash for everything

☐ Cook meals at home

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