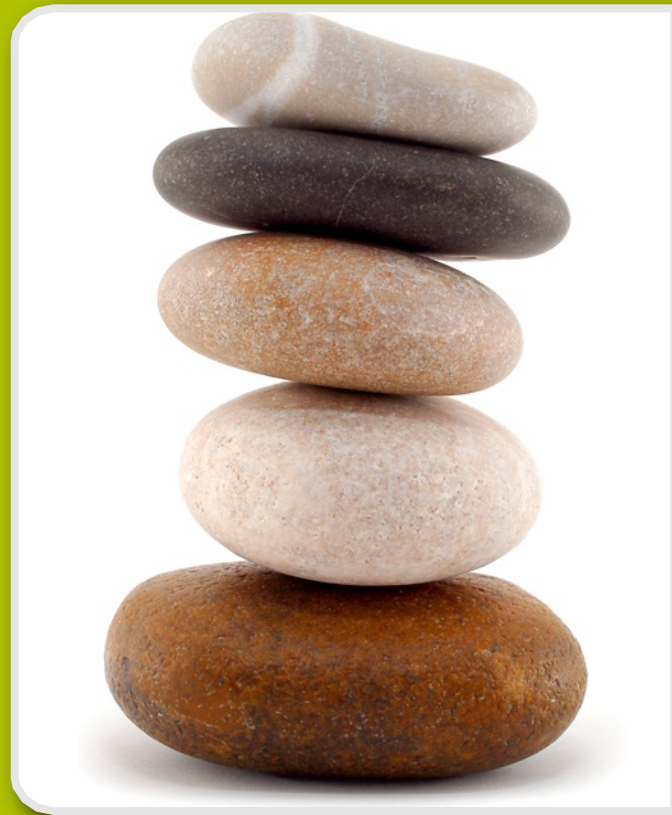


HOW TO
Achieve
Balance
In Your Life



Checklist

How to Achieve **Balance** In Your Life

Checklist

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.

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