

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
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Body and Health

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