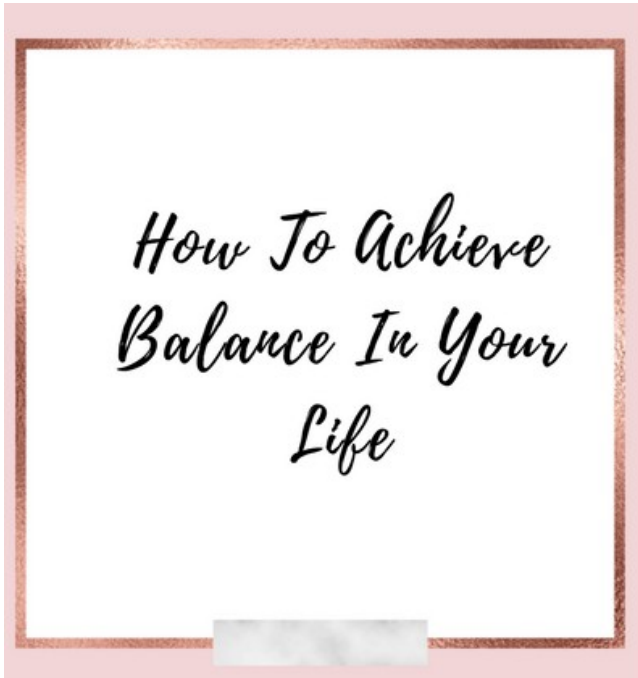


# How To Achieve Balance In Your Life

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
-

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Get involved in helping others

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## Career

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

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Avoid career burnout

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Limit work hours

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Turn off your cell phone after hours

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Pick a weekly day of rest

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## Finances

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Create a budget

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Balance your checkbook each month, noting expenditures

---

Live within your means

---

Pay cash for everything

---

Cook meals at home

---

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