# 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/

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#### 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

#### 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	Make and Share Free Checklis
	checkli.co