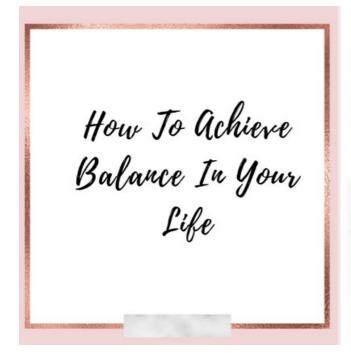
## **How To Achieve Balance In Your Life**

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/



Take the time to reflect on each day and on your life as a whole



## Relationships

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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

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	Make and Share Free Checklis
	checkli.co