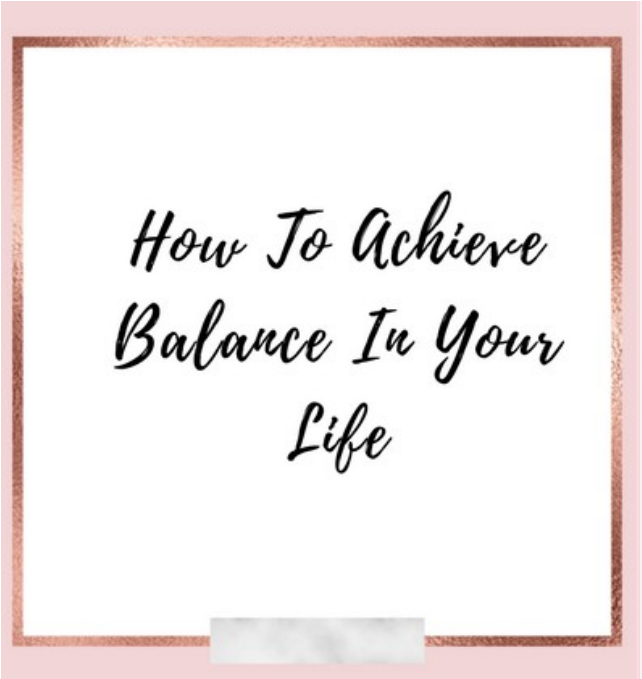
How To Achieve Balance In Your Life

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

- [ ] 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

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