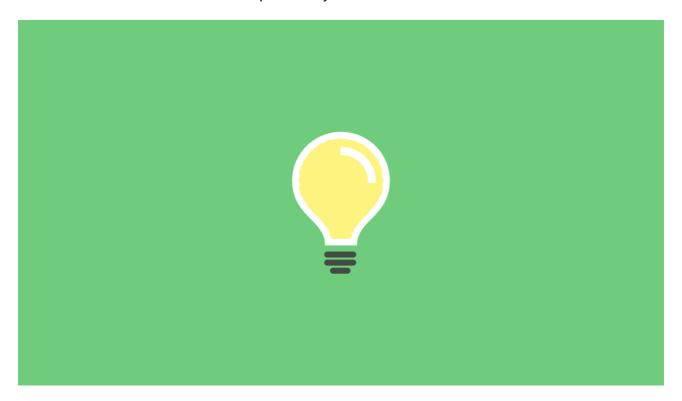
11 Tips To Find Find Work/Life Balance

It you do what you love. you'll love what you do fight? But that doesn't have to mean being connected 24-7-365. Productivity and creativity increases after rest and time off A walk outdoors, a night with family or a long weekend road trip can help refocus, clear your mind and recharge energy. Here's a few steps to find your work/lite balance.



Create routine
Establish a practice
Turn off
Change clothes
Have a dance party
Set an intention
Workout
Unplug
Be accountable
Drink wine

Find time