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

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