

# 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