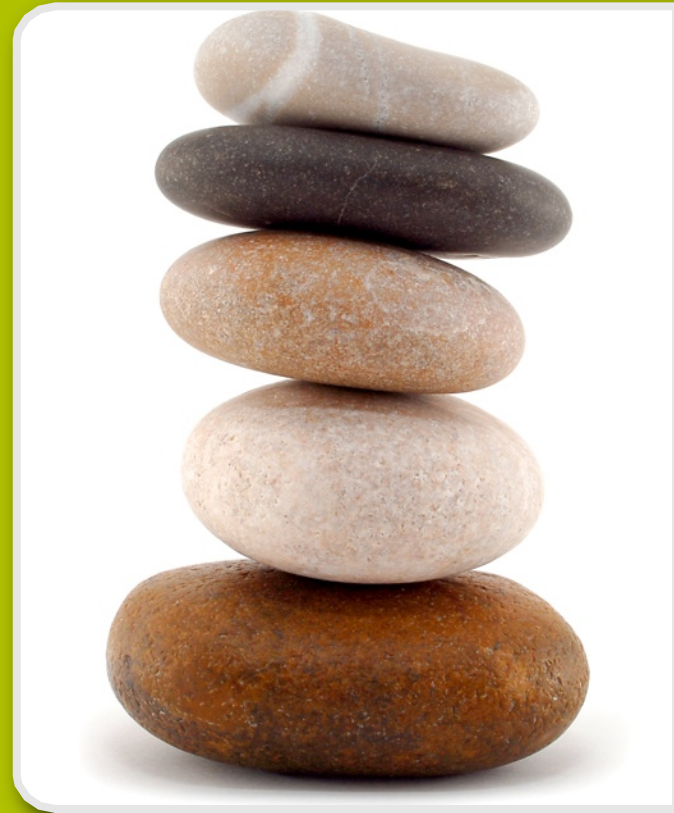


HOW TO
Achieve
Balance
In Your Life



Checklist

How to Achieve **Balance** In Your Life

Checklist

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.

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