

9 Wonderful Ways to Make Life Balance a Habit!

1

Know your priorities. Work first on what matters most, then let go of the rest.

2

Perfection is exhausting! Focus on excellence instead & learn when 'good enough' is good enough...

3

Less is better. Plan less, do less, have less. Enjoy more!

4

Pay attention to your feelings. They'll let you know when you're out of balance.

5

Know what taking care of you looks like. What do you need? What's relaxing?

6

Ask yourself often: "Does this move me towards—or away from—balance in my life?"

7

Learn to say "No" without guilt. This frees you from overscheduling & overwhelm.

8

Stop rushing! You deserve to enjoy your life, so take it at a pleasurable speed.

9

When all else fails, lean in. Accepting a situation reduces stress.



Change the world. Start with you!