**Week of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Plan to do one thing in each category every day to live a more balanced life.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Health***Exercise & relax* | **Family***Make a memory*  | **Friends***Reach out & connect* | **Me***Treat yourself* | **Future***Plant a seed, learn a new skill* | **Planning***Set your top priority for tomorrow* |
| Sunday |  |  |  |  |  |  |
| Monday |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |
| Saturday  |  |  |  |  |  |  |

“The answer to finding better work/life balance is to find the right blend between all our life activities – regardless of where and when they occur.” – Michael Thomas Sunnarborg, author, *21 Keys to Work/Life Balance*