**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*