

## Work-Life Balance

Add in your time for self-care, family, personal and professional commitments.

Looking at what you (or your family) have committed your time to in black and white will give you a snapshot of what your current balance (or lack-of) looks like and help you to begin shifting and rearranging commitments.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 AM							
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							