

# Work/Life Balance

## Planner



# Self-Care Worksheet

What is your main self-care goal?

What is a self-care activity you want to add?

What days do you prefer doing self-care?

How much time do you have to dedicate each day?

What types of self-care do you prefer?

# Weekly Self-Care

Mon

Tue

Wed

Thu

Fri

Sat

Sun

# Daily Self-Care

Emotional



Mental



Physical



Spiritual



# *Habits Worksheet*

What personal habits do you want to add to your routine?

What work habits do you want to add to your routine?

What habits are you happy with right now?

What bad habits do you need to change?

What part of your daily routine needs the most work?

# Habit Tracker

Habit	M	T	W	TH	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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# Work/Life Balance Priorities

Personal Priorities

Business Priorities

