

BALANCE

Week 2 ~ 11-13-23

Personal Balance

- Prioritize and Set Boundaries
- Effective Time Management
- Quality Over Quantity
- Regular Check-Ins
- Learn to Say No
- Create Rituals and Routines
- Flexibility and Adaptability
- Practice Self-Care
- Delegate and Seek Support
- Mindful Communication
- Learn from Each Day
- Plan Quality Time