



My Work-Life Balance Plan

Name: _____

Helpful Words:

- **Work-Life Balance** = making space for both responsibilities and rest
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = the ability to stay energized, healthy, and consistent while reaching goals

Directions:

Use **words or drawings** to reflect on your current balance and future habits.

Use the back of this sheet if you need more space.

1. One part of my life that feels overloaded right now is:

2. Something I'd like to make more time for is:

3. One small habit I can try to protect my balance is:

4. My Work-Life Balance Superpower helps me do these things:

5. One boundary I want to practice this week is:

6. Work-life balance helps me grow my personal competitive advantage by:

7. This is how balance supports the lifestyle I want to live: