



My Balance Builder

Name: _____

Helpful Words:

- **Work-Life Balance** = making time for both responsibilities and rest
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Write or draw your answers. Balance helps your brain, heart, and body work their best!

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

1. One thing I do to take care of myself is:

2. Something I love to do when I'm not working is:

3. When I feel overwhelmed, I can:

4. A balanced day for me would look like this:

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

6. Balancing my work and fun helps me grow my personal competitive advantage by:

7. This is how balance helps me live the lifestyle I want: