

Top 10 Ways to Live a Balanced Life

1. Seek HIM First

When God comes first, everything else goes better

2. Establish Priorities

Know what comes first in your life

3. Design Routines

A good morning and evening routine can make a big difference

4. Schedule around Priorities

Take a good look and see if your schedule needs adjusted

5. DeClutter, Purge!

Extra clutter adds stress and distractions

6. Take Time to Rest and Re-Charge

If you don't take care of yourself, how are you going to be able to care for anyone else?

7. Develop Good Habits

What habits will support living into your priorities?

8. Make Plans

Find a planner that works for you and stick with it!

9. Don't be hard on yourself when things don't go as planned

Life happens. Adjust the plans and move forward.

10. Embrace & love the life you're living!

God's plans are unique for YOU. Jeremiah 29:11

