

10 Ways to Add More Balance to Your 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 evening and morning 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 & Re-Charge

Taking care of yourself better equips you to care for others

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. Give Yourself Grace

Life happens. Adjust the plans and move forward.

10. Embrace & Love YOUR Life!

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

11. (Bonus!) Read my eBook

[“7 Secrets to an Organized and Balanced Life”](#)

Go to laurasueshaw.com/ebook and then use code BALANCE for \$2 off!