**~ Tip The Balance ~ Worksheet - October 2018**

Hey you beauty! Slightly longer worksheet this month BUT WELL WORTH IT! This will set you up for an amazing month or change and progress - so dive in, and then go watch the tutorial!

**I would rate my current work-life balance out of 10 as**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**The main reasons it’s lower than I’d like are because I don’t have enough time to**

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**The time of my life when I feel I had the best life-work balance was when**

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I’d like you to write as much as you like here…really PLAY with this. Here are some questions you might like to answer or as prompts to get you thinking.

• How would your day start?

• What things would you be doing each afternoon?

• How would your evenings ideally roll out?

• What new stuff would be in your lfie if your balance was ideal?

• What wouldn’t be in your life anymore when you have this better balance?

• Who is in your life? How do they add to your ideal balance?

• What do you LOVE about your life with this ideal balance?

• What feels so good about it?

**If I had my ideal life-work balance situation going on my life would look and feel pretty much like this:**

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***Okay – good work laydee! You are going to love what I have in store for you this month with tools in the tutorial and the challenges. This worksheet will be useful to refer to throughout the month.***

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