



LIVE YOUR BEST YOU.

## Work-Life Balance: Stop the Obsession

*Where can you make small changes using the Eight Dimensions of Wellness? See example below.*

|               |   |
|---------------|---|
| Emotional     | <ul style="list-style-type: none"><li>•Gratitude practice (<a href="#">Happyfeed App</a>)</li><li>•Acknowledge emotion and move on (just like your yoga teacher says)</li></ul> |
| Physical      | <ul style="list-style-type: none"><li>•Run with BFF</li><li>•Orange Theory Fitness</li></ul>  |
| Spiritual     | <ul style="list-style-type: none"><li>•Meditate daily</li><li>•Gardening</li></ul>  |
| Cognitive     | <ul style="list-style-type: none"><li>•Read NYT on Sundays</li><li>•Educational travel</li></ul>  |
| Environmental | <ul style="list-style-type: none"><li>•Grow a vegetable garden</li><li>•Closet cleanout &amp; email unsubscribe blitz</li></ul>   |
| Social        | <ul style="list-style-type: none"><li>•Date nights</li><li>•Sunday dinner</li></ul>   |
| Occupational  | <ul style="list-style-type: none"><li>•Submit work to present at meetings</li><li>•Variety in a job (or 3) that I love!</li></ul>   |
| Financial     | <ul style="list-style-type: none"><li>•Periodic budget reviews with partner</li><li>•Auto move funds to two different savings accounts</li></ul>                                |

*An empty chart is available on the next page for completion at your leisure.*



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*Where can you make small changes using the Eight Dimensions of Wellness?*

|               |  |
|---------------|--|
| Emotional     |  |
| Physical      |  |
| Spiritual     |  |
| Cognitive     |  |
| Environmental |  |
| Social        |  |
| Occupational  |  |
| Financial     |  |