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THE 7-DAY
WORK-LIFE
BALANCE
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CHALLENGE

DAY 1: WHERE ARE YOU NOW?

TAKE INVENTORY OF YOUR LIFE—MENTALLY,
EMOTIONALLY, AND PHYSICALLY. WHAT FEELS
ALIGNED? WHAT FEELS OFF?

DAY 2: DEFINE YOUR BALANCE

WHAT DOES BALANCE LOOK LIKE FOR YOU—NOT
WHAT SOCIETY EXPECTS? BE HONEST. WHAT DO
YOU NEED MORE OF? LESS OF?

DAY 3: TIME CHECK

WHERE IS YOUR TIME REALLY GOING? WHAT
DRAINS YOU? WHAT ENERGIZES YOU?

DAY 4: RELEASE THE GUILT

WHAT ARE YOU CARRYING THAT DOESN'T BELONG TO YOU?

WRITE DOWN THE THINGS YOU GIVE YOURSELF PERMISSION TO RELEASE.

DAY 5: SAY NO WITH LOVE

WHAT'S ONE THING YOU NEED TO SAY "NO" TO
THIS WEEK IN ORDER TO PROTECT YOUR PEACE?

DAY 6: JOY AUDIT

WHAT BRINGS YOU JOY THAT YOU HAVEN'T MADE
TIME FOR? HOW CAN YOU RECONNECT WITH THAT
JOY THIS WEEK?

DAY 7: YOUR NEW RHYTHM

WHAT'S ONE SMALL, SUSTAINABLE CHANGE
YOU'RE READY TO MAKE MOVING FORWARD?

YOU DID IT!

7 DAYS OF SHOWING UP FOR YOURSELF.
THAT MATTERS.

KEEP THE MOMENTUM GOING—VISIT
[JASCEYCENTS.COM](https://jasceycents.com) FOR MORE TOOLS, STORIES,
AND REAL TALK.