



Cheat Sheet for Maintaining Work-Life Balance

Change Your Habits, Change Your Life!

Summary of Steps to Work-Life Balance:

1. **Turn off Voice in Head (Ego/Subconscious):** When you catch yourself in worry, stress, anxiety, fear, in old belief systems, etc. use pull out tool and throw it away.
2. **Listen to your Heart** (This is your Intuition: Use warm heart, sway or finger muscle test)
3. **Set Intentions with Mind/Heart Coherence** (you will be unstoppable)
4. **Develop Authentic Happiness Within:** You can do this by spending time with people you love, doing things you love, spending time in nature connecting with the beauty around you. (When you feel good inside and are doing things that fill you up, you will be happier and calmer.)
5. **Focus on What You Do Want** (What you Think, Feel, Say will become your reality...so say think and say what you do want, not what you don't want.)
6. **Daily Practice (AM & PM):** To change your life you need to make this a habit where you do it daily without exception. You are rewiring your neural pathways which will begin to change how you respond to things. I highly recommend a daily practice until it is a habit. Doing this every morning when you wake up and again before you drift off will have a large impact on your life happiness.
 - a. **Daily Practice 5 to 10 minutes every single day (AM/PM)**
 - **3 Part Breathing:** (AM/PM) In through the nose, hold, out through the mouth on count of 3, and repeat 3x
 - b. - **Grounding:** (AM/PM) Visualize yourself as a tree with your roots flowing out your feet where they flow into the earth and wrap around her crystals and that calming, healing energy flows back up your roots, into your feet, calves, thighs, core, neck, head, across your shoulders and down your arms.
 - c. - **Intentions:** (AM/PM) Say what you do want. Ie. I intend to live my life with ease and grace.
 - d. - **Gratitude:** (AM) Write 5 per day on the bottom of your to do list. Writing is more powerful than saying.

To learn more, visit <http://practicalsolutionszone.com/> or feel free to set up a complimentary call with Marla to review how you can take your life to a happier, more balanced place.