

# LIFE BALANCE TIPS EVERY BUSY PARENT

## MUST KNOW IN 2020



*Life is too short to wait.*



FIGURE OUT WHAT WORKS FOR YOU.



MANAGE YOUR TIME ON SOCIAL MEDIA.



TAKE CARE OF YOUR FINANCES.



TAKE CARE OF YOUR PHYSICAL HEALTH.



PAY ATTENTION TO YOUR MENTAL HEALTH.



INTENTIONALLY BUILD A SOCIAL LIFE.



PLAN FAMILY VACATIONS.



PRACTICE A "NO DEVICE DAY" EVERY WEEK.



SET CLEAR AND WRITTEN OUT GOALS.



EMBRACE FLEXIBILITY.



PRACTICE TIME OUT.



BE PRESENT.



BE GENEROUS TO YOURSELF.



AVOID MULTITASKING.



DE-CLUTTER AND ORGANIZE.

*live your dream.*

**S O M E D A Y I ' L L L E A R N**