

# Work-Life Balance

## WORKBOOK

A guided journal to help you create harmony  
between your professional and personal life.

NourisHer\_HealthCoach



# Introduction

Balance is not about perfection. It is about making intentional choices that honour both your ambitions and your wellbeing.

This workbook is designed to help you reflect on where you are now, identify what matters most, and build sustainable habits that support a fulfilling life.

Use it at your own pace. There are no right answers — only honest ones.

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# Self-Assessment

Rate each area of your life from 1 (needs attention) to 10 (thriving).

## Career & Purpose

Score: \_\_\_\_\_ / 10

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## Health & Energy

Score: \_\_\_\_\_ / 10

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## Relationships

Score: \_\_\_\_\_ / 10

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## Rest & Recovery

Score: \_\_\_\_\_ / 10

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## Personal Growth

Score: \_\_\_\_\_ / 10

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## Joy & Creativity

Score: \_\_\_\_\_ / 10

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## Reflection

Which area surprised you the most?

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What would a +2 improvement look like in your lowest-scoring area?

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# Boundaries & Priorities

Identify what you need to protect and what you can release.

## My Non-Negotiables

These are the things I will always protect:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

## Things I Can Release

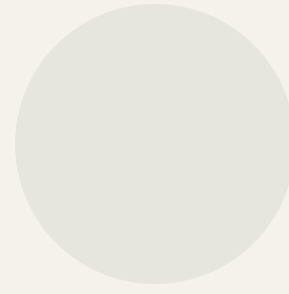
These no longer serve me or my goals:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

# Weekly Rhythm Planner

Map out a week that reflects your values, not just your to-do list.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning _____	Morning _____	Morning _____	Morning _____	Morning _____	Morning _____	Morning _____
Afternoon _____	Afternoon _____	Afternoon _____	Afternoon _____	Afternoon _____	Afternoon _____	Afternoon _____
Evening _____	Evening _____	Evening _____	Evening _____	Evening _____	Evening _____	Evening _____



# Your Commitment

Write a promise to yourself. What will you do differently starting today?

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"You do not have to earn rest. You do not have to finish everything before you begin to live."

Signed: \_\_\_\_\_

Date: \_\_\_\_\_