

Real-Life Work/Home Balance Checklist For Busy Humans Who Aren't Robots

Need a quick reset between Zoom meetings and dinner duty?
Steal my go-to checklist for keeping it together—barely, but beautifully.

Set tomorrow's boundaries today. ☐

- Say it with me: "Work stops at __ PM."

Schedule one thing just for you. ☐

- Bubble bath? Moon journal? Latte on the porch?
It counts.

Don't skip transition time. ☐

- Even if it's just changing out of your "Zoom shirt."

Ask for help—even if it's just with dinner. ☐

- (Takeout counts. So does cereal.)

Use your planner like it's sacred. ☐

- Because your peace is sacred.

Forgive yourself for the mess. ☐

- No one balances everything perfectly. We're human, not hoverboards.

Celebrate the wins—especially the small ones. ☐

- Laundry folded? You deserve a trophy (or at least a treat).