**Work-Life Balance through Mindfulness: Recreate your work-life balance.**

Why am I here today?

What am I struggling with the most when it comes to work-life balance?

What questions do I have about work-life balance?

Pie Chart:

**Values: (**What is important to me?)

1.

2.

3.

4.

5.

6.

7.

**Sowing Mindfulness and Work-life balance:**

Take care of your nervous system:

Create a routine:

Narrate:

Acknowledge:

Pie chart after mindfulness exercise:

Take care of your nervous system

Create a routine that works for you (create a container that feels safe)

Communicate with yourself – accompany yourself

Practice mindfulness (soon you will catch yourself doing something mindfully)

What am I making time for? What am I not making time for?

Observe, take mental notes, make changes, repeat

Stay curious

What else? (add a few more ideas) :