

Top 10 Ways to Achieve Balance NOW in Your Life.

- B** Begin each morning with meditation or journaling.
- A** Always set priorities and a schedule for each day.
- L** Let mealtime be work-free, relational and sacred.
- A** Always work out at least three times every week.
- N** Never miss a chance to see or call a loved one.
- C** Commit to stop working at a set time every day.
- E** Enjoy dinner with your family or friends.

- N** Never forget to recognize important occasions.
- O** Outlaw snacks after 8 pm and get 8 hours of sleep.
- W** Win by using "to do" lists for both work and home.



"Lisa was able to give me strength and direction when I needed it the most. Her methodical approach allowed me to organize my thoughts on my current life situation and allowed me to clearly see a direction that I wanted to go in that was not only suitable for me, but for my ever growing family... I strongly recommend using Lisa..." Darcy Martin

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