

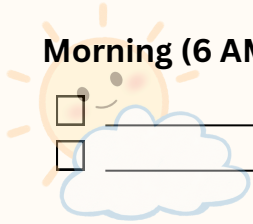
# Work-Life Balance Daily Planner



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DATE: \_\_\_\_\_

S M T W T F S



## Morning (6 AM - 9 AM): Work Tasks

- \_\_\_\_\_
- \_\_\_\_\_

## Personal Task

- Exercise
- Healthy Breakfast

## Break

- Reflection/  
Gratitude

## Mid-day (9 AM - 12 PM): Work Tasks

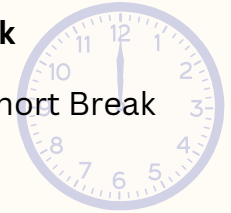
- \_\_\_\_\_
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## Personal Task

- Lunch
- Short Walk / Meditation

## Break

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## Afternoon (12 PM - 5 PM): Work Tasks

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- \_\_\_\_\_

## Personal Task

- Snack Break
- Quick Stretching

## Break

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## Evening (5 PM - 9 PM): Work Tasks

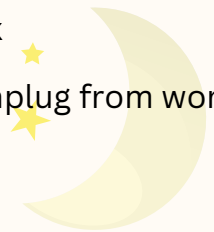
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## Personal Task

- Family Time
- Hobbies or Relaxation
- Dinner

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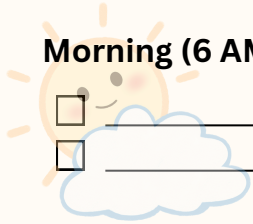
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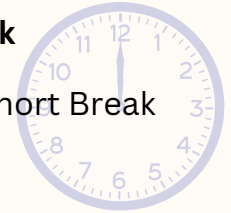
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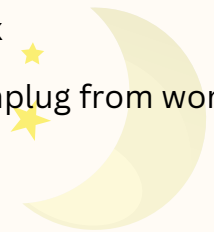
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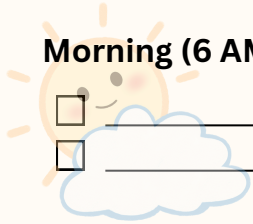
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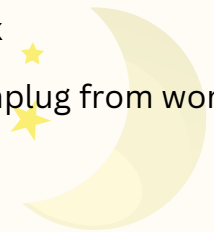
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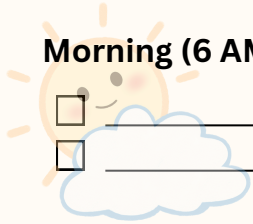
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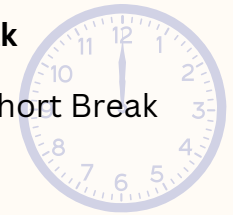
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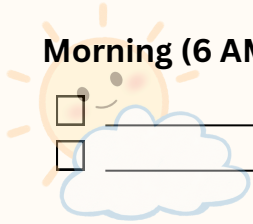
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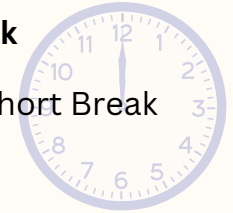
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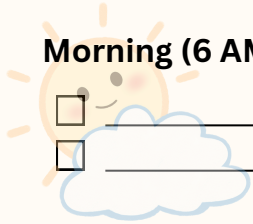
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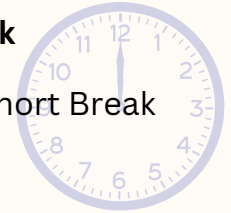
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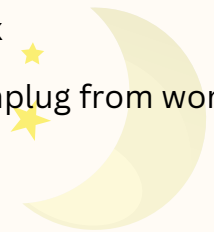
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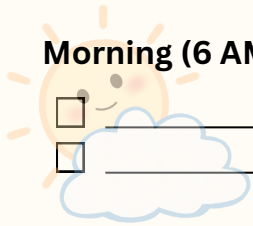
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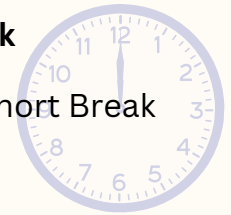
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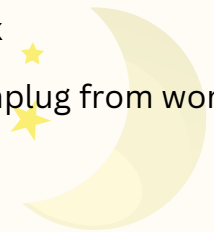
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# Weekly Assessment

MONTH:

WEEK OF:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTE: