

The Truth About Work-Life Balance

QCC- October 2023

My Personal Priorities

1. _____
2. _____
3. _____
4. _____
5. _____

My Desires & Dreams (Life) / Action Step

1. _____
2. _____
3. _____
4. _____
5. _____

My Personal Core Values

1. _____
2. _____
3. _____
4. _____
5. _____

My Desires & Dreams (Work) / Action Step

1. _____
2. _____
3. _____
4. _____
5. _____

INTENTIONALITY

What are you going to work on? How will you do it? When will you do it (calendar)? Who will you tell?

- _____
- _____
- _____
- _____

QUALITY

What will you do to increase the quality of your overall health? How? When? Who?

- _____
- _____
- _____
- _____

HAPPINESS

What will you do to create and cultivate your own happiness? How? When? Who?

- _____
- _____
- _____
- _____

AQDA

1. Awareness
2. Question/ Decide
3. Action

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INTENTIONALITY

- Know and live your priorities.
- Know and live your core values.
- Start a daily check-in.

Living intentionally is about being the author of your story and making decisions accordingly.

QUALITY

- Prioritize your overall health. *(love yourself in action)*
- Develop a self-care mindset.
- Begin a regular gratitude practice.

Increase the quality (and harmony) of your life by improving the energy you bring into the spaces of your life.

HAPPINESS

- Mind your business.
- Practice kindness.
- Infuse fun into your life as much as possible.
- Get your sleep.

Happiness is an inside job and when we take full responsibility for creating and cultivating it, we can find joy in every space of our life, thereby increasing the quality of our lives, and the harmony between the arenas of our lives.

AFFIRMATIONS

I am enough.

I am the creator of my life.

I am learning to make decisions that align with my priorities and core values.

I am learning to create harmony in my life.

I am learning to be intentional about my time.

I am learning to practice gratitude for the people, places, things and experiences in my life.

I am learning to love myself again.

I am deserving of clarity and peace.

I acknowledge that this is a process, and change takes time.

I look for and find reasons to celebrate everyday.

I practice minding my business.

I choose your decisions fully.

I am practicing being kind to myself, and others.

I'm learning to make my overall health a priority.

I am enough.

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