

How to Create a Healthy, Balanced Life as a Six-Figure Boss Chic



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How to Create a Healthy, Balance Life as a Six-Figure Boss Chic

- Time for Yourself
- Unplug from Work
- Do Something Fun Weekly
- Learn a New Hobby
- Self-Care



Time for Yourself

Time for yourself? I know that sounds like a daunting reality. You have so much on your plate, trying to manage your business, career, family, and friends. However, as daunting as it sounds, you have to take time for yourself. Notice I said "take" not "make." It is with urgency that you construct and take time for yourself to have a healthy, balanced life. This can be reading, enjoying some coffee, watching a movie, etc.

Make a list of ways you will begin to take time for yourself:

Morning Self Time

Evening Self Time

Unplug From Work

You rise to prepare for work. You check your emails and take phone calls before you arrive to work. You get to work, then work. You arrive home, only to check more work emails.

Nah, sis! Let's do better. It's time to disconnect from work. If you cannot do this before and after work, then at least make it a habit to unplug from emails, phone calls, and work tasks after your work hours are completed. It will be a challenge, but try to do it as best and often as you can. Trust me, you can do it.

Write a journal entry/affirmation about the adjustments you will make concerning unplugging from work at a certain time.

Do Something Fun Weekly

Having fun weekly is definitely something I had to learn. I would experience fun once in a while, or I'd make sure it was scheduled and on my calendar (I lowkey still schedule fun).

However, I have grown to the point where I am more spontaneous, and I set aside time weekly to have fun and laughs with relatives or friends. It allows you to forget about work and to feel rejuvenated about life. Take a break from the hustle of your business or career and just have some fun.

List some fun activities that you can engage in immediately:

Fun Activities List

Learn a New Hobby

I recently learned a new hobby that has made these moments special and full of excitement. I took roller skating classes...not ice skating. This new hobby has been extremely fun. My kids are even into skating now. My son has purchased a pair of skates and my daughter bought me a new pair for Christmas.

This hobby that I did for myself, has now turned into a fun family event. Dig into something new that will challenge you a little, but will be super fun or extremely relaxing. Relaxation is good, too.

Jot down some hobbies that you have thought about learning:

Hobby #1 _____

Hobby #2 _____

Hobby #3 _____

Hobby #4 _____

Hobby #5 _____

Self-Care

This should be a given, right? Many of us boss chics put ourselves on the back burner while everyone else gets first dibs on what deadlines we need to meet, what business plans need to be reviewed, or discuss new systems.

It is critical for you to take some time to get your hair done, get a massage, receive a manicure or pedicure, or even shop for some expensive perfume. Not everything has to cost money. Spend an evening in a hot bath with some relaxing music. If you do not take care of you, then showing up for anyone else is diminished.

Schedule a couple of dates where you will do something for yourself that is self-caring.

Date with Self-Care

Date #1 _____

Date #2 _____

Date #3 _____

Date #4 _____

Date #5 _____

Work With Me One-on-One

If you are serious about shifting your life in every way possible, then I am your coach. You do not want to miss the opportunity to have a life of abundance and empowerment.

Work with me one-on-one for VIP Coaching that has been designed specifically with you in mind. You will receive accountability, access, and excuses will be removed. Let's shift your mindset, so you can receive the life you have imagined. Join me for VIP Coaching to receive abundance and empowerment. We will get the job done.

Book Your Free
Consultation

Serious Inquiries Only

