

## Practicals for Gaining Balance

1. Start your days by spending some time with God and family instead of work.
2. Plan and hold to a Sabbath day each week.
  - This is time to recharge and refuel any “empty” areas in your life – spiritual, emotional, mental, etc.
  - This does not mean “vegging out” and watching TV all day.
3. Set a time to leave work and come home.
  - Once you are home from work, you are home. No cell phone or computer.
4. Schedule 1 personal day every 3 months.
  - Personal days are time to step back and re-order your life, set goals, and get rejuvenated.
5. If married, schedule weekly date nights and one annual retreat for just you and your spouse. If you have a family, schedule an annual family getaway.