




# 31 DAYS

## To a Stress-Free Schedule!

Welcome to our 31 day challenge to free up your schedule and take control of your time and your life.


You can walk through this 31 day program alone, following the prompts for each day.

-or-



Even better, you can share the link with a friend and support each other throughout the month.

-or-



The BEST option, you can join us in our private Facebook group “Successful Women Creating Work/Life Balance” where we’ll share each day beginning January 1st and give examples of how you might apply the daily challenges in your own life.

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## To a Stress-Free Schedule

<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>
Look in the mirror and say "my time is my own"	Choose one task for this week to delegate	Schedule 1 hour of time for yourself this week	Choose one activity this week to eliminate	Decide how much sleep you need each night
<b>DAY 6</b>	<b>DAY 7</b>	<b>DAY 8</b>	<b>DAY 9</b>	<b>DAY 10</b>
Choose one task in your schedule to automate	Choose a new hobby to engage in this coming year	Embrace your unbalanced balance	Choose one task this week to delegate	Schedule 1 hour of time for yourself this week
<b>DAY 11</b>	<b>DAY 12</b>	<b>DAY 13</b>	<b>DAY 14</b>	<b>DAY 15</b>
Choose one activity this week to eliminate	Decide how you will treat your body healthier	Choose one task in your schedule to automate	Choose an activity in your life to let go of	Look around and appreciate the life you're creating
<b>DAY 16</b>	<b>DAY 17</b>	<b>DAY 18</b>	<b>DAY 19</b>	<b>DAY 20</b>
Choose one task this week to delegate	Schedule 2 hours of time for yourself this week	Choose one activity this week to eliminate	Decide how you will enrich your mind each day	Choose one task in your schedule to automate
<b>DAY 21</b>	<b>DAY 22</b>	<b>DAY 23</b>	<b>DAY 24</b>	<b>DAY 25</b>
Only choose activities that bring positive feelings	Imagine feeling peace and flow each day	Choose one task this week to delegate	Schedule 2 hours of time for yourself this week	Choose one activity this week to eliminate
<b>DAY 26</b>	<b>DAY 27</b>	<b>DAY 28</b>	<b>DAY 29</b>	<b>DAY 30</b>
Leave work at work when you're finished each day	Choose one task in your schedule to automate	Only spend time with positive people	Think back on the past weeks and all your changes	Decide which new habits you will carry forward



# DAY 31

## Stress-Free Schedule!

**You did it!**

**You've completed the challenge and are well on your way to taking control of your time and your life and bringing balance and flow to each day.**

**Remember, you can re-do this challenge at any time to refine your schedule even further or to re-set if your priorities change.**

**And now you're also ready to tackle bigger challenges!**



**Email Suzanne, [suzanne@thelifewalk.com](mailto:suzanne@thelifewalk.com) to schedule your personal Life Balance Strategy Session and take your life to the next level!**

**Visit [www.thelifewalk.com](http://www.thelifewalk.com) for a variety of tools from digital downloads to online courses and personal coaching, all designed to support you creating a life you love.**

