

Balanced Living and Daily Routines

<p>Spiritual</p>	<p>Home & Family</p>
<p>Social/Relationships</p>	<p>Physical Health</p>

"So whether you eat or drink or whatever you do, do it all for the glory of God." - 1 Corinthians 10:31

** This worksheet is provided by Selah Biblical Counseling. For more resources and to schedule a consultation, visit www.selahbiblicalcounseling.com.*

Balanced Living and Daily Routines

This simple guide will help you create a daily routine that balances all areas of your life: spiritual, home/family, social/relationships, and physical health.

By organizing your life into four key areas, you can be intentional with your time and tasks. Here's how you can use The Balanced Life Method to create a meaningful, purposeful routine. **Once boxes are filled, create a daily routine based on your boxes**

The idea behind The Balanced Life Method is to bring meaning to every task, no matter how mundane it may seem. Whether you're folding laundry, running errands, or having coffee with a friend, know that you're honoring God in all that you do.

Conclusion By following these simple steps and using The Balanced Life Method, you can bring balance, purpose, and joy to your daily routines. Take small steps each day, and remember that everything you do—big or small—can honor God.

<p style="text-align: center;">Spiritual</p> <ul style="list-style-type: none">- Daily devotions- Prayer time- Bible study- Church attendance- Serving in a ministry	<p style="text-align: center;">Home & Family</p> <ul style="list-style-type: none">- Cooking meals- Laundry- Cleaning- Taking kids to appointments- Helping with homework
<p style="text-align: center;">Social/Relationships</p> <ul style="list-style-type: none">- Calling family members or friends- Attending social events- Scheduling quality time with spouse or kids	<p style="text-align: center;">Physical Health</p> <ul style="list-style-type: none">- Exercise- Healthy eating- Taking time for rest- Drinking water

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Once you figure out your “key areas” begin creating your daily routines of your “to do” list for the day. I will share a sample of mine below. I fill this out in a weekly planner, usually one I find at TJ Maxx or WalMart! Here is an example from one of my daily routine check lists for the day.. Once I accomplish a given task, I put a check mark next to it! This helps me continue down my list and keeps me motivated!

Monday:

- Devotions
- Coffee with Joe
- Wash sheets
- Post office
- Exercise
- Counseling 10-2
- Dinner: Pasta, bread, salad
- Take kids to youth group