

A stack of four smooth, rounded stones in shades of grey and brown, resting on a light-colored wooden surface. The background is a soft, out-of-focus green. The text is overlaid on the left side of the image.

Life / Balance *Worksheets*

Find your balance today!

JENNIFER BLY

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THE LIFE / BALANCE WORKSHEET

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A handwritten signature in blue ink that reads "jennifer". The script is cursive and lowercase.

The Life / Balance Worksheet for Moms

The week of: _____

My one thing: _____

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>
 Dinner			
 Cleaning			
 Kids			
 Work			
 Health			

	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
 Dinner			
 Cleaning			
 Kids			
 Work			
 Health			

	<i>Sun</i>	<i>Notes</i>
 Dinner		
 Cleaning		
 Kids		
 Work		
 Health		

The Life / Balance Worksheet for Moms

The week of:

My one thing:

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>
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Cleaning			
Kids			
Work			
Health			

	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Dinner			
Cleaning			
Kids			
Work			
Health			

	<i>Sun</i>	<i>Notes</i>
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