



Your Free Tip Sheet
**THE 3 SECRET TIPS FOR
BALANCING WORK & LIFE**

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THE 3 SECRETS FOR BALANCING WORK & LIFE

For most of us trying to achieve a healthy balance between work and life seems almost unattainable, however, it is possible, and with a daily discipline of reminding yourself these three tips below, not only will you build greater resilience but actually achieve more in a less stressful way!

Here they are:

1. Let go of being 200% perfect – strive for excellence rather than perfection.
2. Shut your phone down – it is constantly strapped to your side, and is an amazing piece of technology that keeps us available at all times, and yes... the key words here are .. all times... When you are in a constant state of reaction it will drain and exhaust you.
3. Stop time wasting activities that don't serve you – whether its social, work, web-surfing – identify activities in your life that may be pulling you away from your priorities.

A healthy work-life balance also means realizing your potential, your purpose to help keep you on track through play and work by making the right choices and staying motivated.

If you've been wanting to make a change to your work-life balance but have been stuck figuring out how or where to start, [schedule your free breakthrough session with me today](#) and discover how so many others are now living the greatest versions of themselves using my methods.

I can't wait to help guide you on your journey to monetize your worth and maximize your potential!

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