



Holistic Business Balance Checklist

This checklist is designed to help you gauge how well you're maintaining a holistic balance in your business and personal life. By identifying areas where you're thriving and areas that might need attention, you can take actionable steps toward greater harmony and success.

Personal Well-being

- Scheduled regular breaks during work hours.
- Maintained a clear separation between work and personal time.
- Engaged in at least one personal hobby or activity weekly.
- Prioritized physical health with regular exercise and proper nutrition.

Mindful Business Operations

- Took time to reflect on weekly or monthly business goals.
- Regularly reviewed and adjusted business strategies.
- Ensured tasks and projects align with long-term business vision.
- Made space for creative thinking and brainstorming.

Relationship Nurturing

- Checked in with team members about their well-being.
- Fostered open communication within the business.
- Engaged with clients/customers to gather feedback.
- Networked or collaborated with industry peers.

Continuous Learning

- Dedicated time to learning a new skill or industry trend.
- Attended webinars, workshops, or seminars (online or offline).
- Read relevant industry articles or books.
- Sought mentorship or coaching when needed.

Financial Health

- Regularly reviewed business financial statements.
- Set aside funds for business growth or unexpected costs.
- Evaluated the cost-effectiveness of business tools and subscriptions.

Tip: If you find unchecked boxes in any category, it might be an area to focus on in the coming weeks. Remember, balance is a continuous journey, not a destination.

Looking for a deep dive into crafting a successful and balanced business strategy? Discover how individual or group coaching may be your roadmap to holistic success.

[Schedule a discovery call to learn more:](https://bookme.name/SharonSpann/lite/discovery-call)

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