

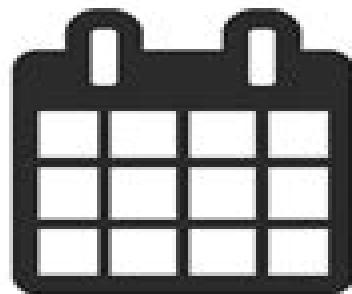
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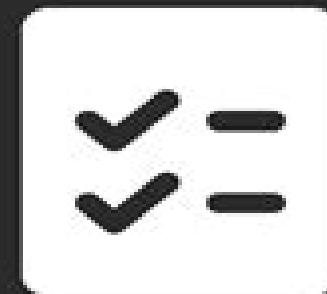
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YOUR TIME,  
EXPERTISE, OR  
FINANCES



FIND A MENTOR  
TO PROVIDE  
ADVICE &  
INSIGHT



PLAN YOUR  
VACATION &  
DAYS OFF IN  
ADVANCE



PRIORITIZE  
YOUR TOP  
TASKS & DO  
THEM FIRST



TAKE TIME TO  
REST BOTH  
MENTALLY &  
PHYSICALLY



ADD EXERCISE  
AS A PART OF  
YOUR DAILY  
ROUTINE

# How To Work Life Balance Tips

**David Clutterbuck**

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