

# Create a work-life balance that works for you.

Learn how to maintain a healthy work-life balance with these essential strategies for staying focused, motivated, and fulfilled. Don't worry if you miss a day — you can always catch up tomorrow.



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Day 1</b>  <a href="#">How is your well-being?</a>                      (4m 09s)</p>	<p><b>Day 2</b>  <a href="#">Nourish your personal life</a>                      (2m 58s)</p>	<p><b>Day 3</b>  <a href="#">Focus on what feeds your spark</a>                      (2m 48s)</p>	<p><b>Day 4</b>  <a href="#">Gratitude and service</a>                      (3m 07s)   <a href="#">Give yourself medals daily</a>                      (2m 20s)</p>	<p><b>Day 5</b>                      Question: How would you describe your own wellbeing?</p>
<p><b>Day 6</b>  <a href="#">A connected tribe: Connection</a>                      (4m 54s)   <a href="#">Creating a helpful self-image</a>                      (5m 31s)</p>	<p><b>Day 7</b>  <a href="#">Using self-compassion to silence the inner critic</a>                      (2m 32s)</p>	<p><b>Day 8</b>                      Challenge: Choose one thing to do this weekend that'll create more balance in your life.</p>	<p><b>Day 9</b>  <a href="#">Disconnect from work after hours</a>                      (2m 54s)</p>	<p><b>Day 10</b>  <a href="#">Create your sleep sanctuary</a>                      (3m 36s)</p>
<p><b>Day 11</b>                      Pop quiz: What can you do to create a more peaceful sleep environment?</p>	<p><b>Day 12</b>  <a href="#">Current state of affairs</a>                      (2m 35s)</p>	<p><b>Day 13</b>  <a href="#">What is psychological safety?</a>                      (2m 34s)</p>	<p><b>Day 14</b>  <a href="#">Changing conversations, part 1</a>                      (9m 50s)</p>	<p><b>Day 15</b>  <a href="#">The stress mastery formula</a>                      (2m 24s)</p>
<p><b>Day 16</b>  <a href="#">Choose happiness</a>                      (3m 52s)</p>	<p><b>Day 17</b>                      Pop quiz: How can you use stress for good?</p>	<p><b>Day 18</b>  <a href="#">The feel-good factor</a>                      (2m 31s)</p>	<p><b>Day 19</b>  <a href="#">Staying strong in mind and body</a>                      (3m 22s)</p>	<p><b>Day 20</b>                      Challenge: Choose one LinkedIn Learning course on wellbeing to explore next month.</p>