

Weekly Work–Life Balance Checklist for Christians

Practical steps to honor God with your work and your rest



Daily Practices (Check each day)

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Begin your day with prayer before opening your phone or email.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take five minutes mid-day to pause, breathe, and remember God's presence.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Set a cutoff time for work or screens in the evening to protect family time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Turn off notifications during meals, prayer, or quiet time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read a short devotional.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pray over your calendar and ask God to guide you in setting your priorities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Practices (Complete once this week)

Task	Done	
Keep one day as a true Sabbath—no work, no guilt, just worship and rest.	<input type="checkbox"/>	<i>Remember, balance doesn't mean perfection. It means living in rhythm with the God who created both work and rest. Each small step is an act of obedience and trust.</i>
Schedule time for relationships (family dinner, coffee with a friend, church fellowship).	<input type="checkbox"/>	
Choose one task to leave undone as an act of trust that God is in control.	<input type="checkbox"/>	
Say "no" to one unnecessary commitment this week.	<input type="checkbox"/>	
Do one life-giving activity (walk outside, nap, listen to worship music, creative hobby, etc...).	<input type="checkbox"/>	

Journal or reflect: Where am I relying on my own strength instead of trusting God?
