



2024 BALANCE SHEET



# FINDING BALANCE

BETTER TO BE  
**HUMAN**



# BETTER TO BE HUMAN

Hi, I'm Bonney! I'm the founder of **Better To Be Human**. I help people get what they truly want! People are juggling their career, family, trying to fit in hobbies and down time. This feels nearly impossible in today's world.



After dedicating over two decades to the corporate world, a good chunk of it leading teams, I've had countless discussions about finding that delicate balance. It's been a driving force for me because I truly believe in empowering others to navigate life without regrets.

That's where my passion lies - in ensuring people feel equipped to tackle whatever life throws their way. As an ICF Certified Coach, my mission is clear: **to help you get MORE out of life!** Whether it's more balance, more clarity, or more calm, I'm here to guide you. If you're open-minded and ready to take the reins of your life, let's work together to make it happen!

Currently, I offer private one-on-one coaching and group coaching.

Let's connect! I'd love to help you find **MORE** of whatever it is you need right now!

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Do you crave a bit more balance in your life? Having a little nudge and accountability always helps too. It's so easy to get stuck in the same old routine day in and day out. It's comfortable, it's been working, and change is just, well, hard.

But guess what? Here's your much-needed boost! When you embark on the journey of making changes, it's often a series of small steps that add up over time. At the moment, it might feel like nothing is happening, but when you look back, the shift is undeniable!

## James Clear hits the nail on the head in his book, Atomic Habits:

"A slight change in your daily habits can guide your life to a different destination."

"Success is the product of daily habits not once-in-a-lifetime transformation."

"Making a choice that is 1% better or 1% worse is insignificant in the moment. But over the span of moments that make up a lifetime, these choices determine the difference between who you are and who you could be."



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# Welcome to Your 2024 Balance Sheet!

An opportunity for you to try new things that might just make your life better in the long run. I get it; not everything works for everyone, and that's okay. Give it a shot and see how it feels. Perhaps it's the small adjustment you've been searching for. You'll never know unless you try!

I'm taking this year-long journey with you! Follow along on my social media channels every Monday as we kick off a new week.

And I want to hear from you! Share your wins and learnings with me and the Better To Be Human community on Instagram, Facebook and LinkedIn!

## Here's to a balanced and better you!



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# How to use Your Balance Sheet

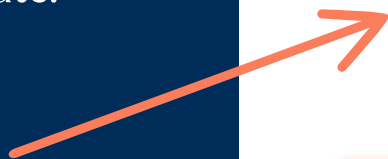
The theme of the week to set the tone.



Jot down your intentions related to the theme. Consider strategies for focus and identify distractions to eliminate.



Track your daily progress.



Reflect on and celebrate your wins and learnings from the week. Be kind to yourself – even small changes can transform your life! Remember to celebrate your achievements.



Your 2024 Weekly Balance Sheet

Week 1

Write and say out loud, 5 affirmations each day

What's your intention going into this week?

I will write out my affirmations first thing in the morning and then say them out loud before I leave for work

Daily Tracker

M T W T F S S

How did the week go? What did you learn?

I did pretty good this week, 5 out of 7 days. Saying the affirmations out loud really helped. I noticed a difference in my attitude on those days. I was more positive and calm.



# Your 2024 Weekly Balance Sheet

Week 1

Write and say out loud, 5 affirmations each day

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 2

Cut out alcohol/soft drinks/your choice  
for the week

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 3

Call (no texting) at least 3 people you haven't talked to in a while but think about often

What's your intention going into this week?

Daily Tracker

M T W T F S S

How did the week go? What did you learn?





# Your 2024 Weekly Balance Sheet

Week 4

Unfollow social media accounts that cause you frustration or anxiety

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 5

No cell phone for the first 30 minutes of your day

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 6

Listen to new music this week

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 7

Stretch for 15 minutes each day

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 8

Volunteer at a local charity

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 9

Cut back on watching TV

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 10

Go to bed 15 minutes earlier each day

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 11

At the end of each day write down 3 tasks that need to be completed the following morning

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?





# Your 2024 Weekly Balance Sheet

Week 12

Plan your dinners at home for the week  
and stick to the schedule

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 13

Set a boundry at work to protect your time for deep, meaningful work

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# QUARTERLY CHECK IN



We're one quarter into the new year – how is it going? Let me know on social. Remember, we are a community here to support one-another!

Adjusting habits takes time and persistence. You've joined this journey because something inside of you said it was time to challenge yourself, to make change and have some accountability. You're doing great!

“Change might not be fast and it isn't always easy. But with time and effort, almost any habit can be reshaped.” – Charles Duhigg, *The Power of Habit: Why We Do What We Do in Life and Business*

“Habit is the intersection of knowledge (what to do), skill (how to do), and desire (want to do).” –Stephen R. Covey



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# Your 2024 Weekly Balance Sheet

Week 14

Meditate for at least 10 minutes each day

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 15

Go for a short walk during your lunch break

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 16

Write down 3 things you're grateful for at the start and end of each day

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 17

No cell phones during meals

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 18

Read each day for at least 15 minutes

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?





# Your 2024 Weekly Balance Sheet

Week 19

Text an encouraging note to a  
different friend each day

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 20

Eat a meal outside

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 21

Declutter a space in your house

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 22

Cook dinner at home each night

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 23

Set a boundry with a loved one  
that's been needed for a while

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 24

Walk barefoot outside

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 25

Take a different route to work

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 26

Sign up for a course or class that interests you

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?





# QUARTERLY CHECK IN

Can you believe we're already halfway through the year? Time really does fly!

As we find ourselves at the midpoint, it's like standing on the fulcrum of a balanced scale, with an equal amount of time behind and ahead of us. Take a moment to reflect: Are you achieving the balance you desire? Are you forming habits and investing time in the areas of life that matter most to you? Share your journey with the wonderful Better To Be Human community on social media!



“Balance is not something you find, it’s something you create.” – Jana Kingsford

“There's no such thing as work-life balance. There are work-life choices, and you make them, and they have consequences.” – Jack Welch



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# Your 2024 Weekly Balance Sheet

Week 27

Watch the sunrise and/or sunset

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 28

Pay for a strangers coffee, lunch, etc

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 29

Mail a handwritten note to at least 3 people

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 30

Listen to a new educational podcast

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 31

Plant something either inside or outside, or both

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 32

Get crafty! Try something new and creative!

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 33

Declutter another space (at home, work, etc)

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?





# Your 2024 Weekly Balance Sheet

Week 34

Create a post on LinkedIn that's educational in your field

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 35

Read or listen to something outside of  
your normal genre

What's your intention going into this week?

Daily Tracker

M T W T F S S

How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 36

No gossiping

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 37

Write in a journal - no structure  
needed, just write!

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 38

Explore a new area of your city (park, green space, coffee shop, museum, etc)

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 39

Do deep breathing meditations each day

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 40

Try new exercises

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# QUARTERLY CHECK IN



We're almost there—just three more months, and this year is a wrap!

You've built up such momentum; don't let it fade now. Momentum is a powerful force, and so are you! Embrace the small adjustments you're making, gaining confidence in what suits you best. Keep moving forward, and don't forget to celebrate your victories with the wonderful Better To Be Human community on social media!

“For any movement to gain momentum, one must start with a small action.” – Adam Braun

“Build confidence and momentum with each good decision you make from here on out and choose to be inspired.” – Joe Rogan



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# Your 2024 Weekly Balance Sheet

Week 41

Cook a new dish at home

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 42

Sing and/or dance - in the car, at home, etc.

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 43

Watch an old, favorite movie without  
your phone in the same room

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 44

Laugh, like a good belly-laugh!

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 45

Tackle a DIY project!

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 46

Do 10 minutes of stretching before bed

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 47

Write yourself nice notes and tuck them away to find later

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 48

Drink a cup of tea before bed  
without your phone in hand

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?





# Your 2024 Weekly Balance Sheet

Week 49

Play a game with family or friends

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 50

Each day get rid of at least one piece of clothing you don't wear anymore

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 51

Remove apps from your phone  
that you don't use anymore

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Your 2024 Weekly Balance Sheet

Week 52

Unsubscribe from at least 2 emails each day

What's your intention going into this week?

Daily Tracker



How did the week go? What did you learn?



# Congratulations!

## You did it!



Whether you started this journey on week one or hopped on board later, I just want to express how genuinely proud I am of you for embracing each theme! Some probably felt better than others and that's completely okay.

I'm really curious to know how the whole experience played out for you. Any significant victories you'd like to celebrate? And hey, we all stumble along the way – any lessons learned from those hiccups?

I'm willing to bet there were some themes that just clicked and seamlessly became a part of your daily routine. I'd love to hear about those too – what stuck and feels like a natural fit in your life now? Share the journey!



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