

CS: Self-Directed Supports -Balanced Living: Work, Study, Play

Version 1

Published 28 days ago by [Tracey Laurin](#) Last updated 5/23/2025 7:36 PM by [Tracey Laurin](#)



Balanced Living: Work, Study, Play

- **Toggl:** Time tracker that helps you learn how much your time is worth.
- **LifeTick:** Set and manage goals using SMART goal methodology to ensure calmer and better decision making.
- **Simple Habit:** Meditate for just 5 minutes/day to reduce stress, sleep better, relax faster, breathe easier, improve focus and be happier