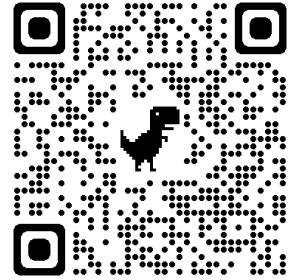


THERE IS NO SUCH THING AS A PERFECT WORK/LIFE BALANCE

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1. YOU HAVE TO DEFINE THE FOLLOWING:

- a. Balance

- b. Happiness

- c. Success

2. EBBS & FLOWS

- a. To prepare for waves, you need a map
- b. No matter flood or drought, you need a support system to repair your world:
- c. Who is your support system when it floods?
- d. Who is your support system in a drought?

3. DELEGATION

- a. Joy + Time = Importance
- b. Do, Don't, Delegate, Automate
- c. The 5 steps to successful delegation are:

- i. _____

- ii. _____

- iii. _____

- iv. _____

- v. _____

4. LET GO

- a. Perfection
- b. Comparison
- c. Other's Definitions
- d. Trying to offer everything

5. MOOD BOOSTERS

- a. 10-minute timers list:

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- b. Book mini-indulgences
 - c. Dance it out
 - d. Talk to someone
 - e. Turn off your phone