


Build Your Core!



Thoughtfully Fit



Thoughtfully Fit

Thoughtfully Fit Rule #2


START WHERE YOU ARE



PAUSE:
What is your current state?

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DISCUSSION



What are we all balancing?

What does your life look like?



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What does your life look like?



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What does your life look like?



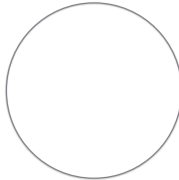
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Thoughtfully Fit Rule #3

NO JUDGEMENT



Draw your current life!



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THINK:
What is your desired reality?

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THINK: Ask Thoughtful Questions

- Goal is to find new awareness
- Not beat yourself up, place blame or find excuses



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Rule #4
ASK
THOUGHTFUL
QUESTIONS




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THINK: Ask Thoughtful Questions

- What do you really want in your life?
- What is stopping you?
- What do you want to have the courage to say no to?
- What do you want to be bold enough to say yes to?

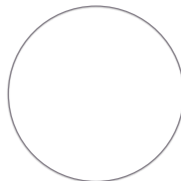


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Draw your desired life!




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ACT:
What step can get you there?

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Choosing Work/Life Balance

- Based on what you are learning, what actions do you want to commit to?



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Rule #5
TAKE THE
NEXT RIGHT
STEP



Choosing Work/Life Balance


What do you choose to **START** doing?




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Choosing Work/Life Balance


What do you choose to **STOP** doing?




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Choosing Work/Life Balance

What do you choose to **CONTINUE** doing?




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What support or resources do you need to make these changes?

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Free Resource!



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Women's Leadership Series



Starts in January!

