|  |  |  |
| --- | --- | --- |
|

|  |
| --- |
|  |

|  |
| --- |
|  |

 |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
| **Seeking a More Fulfilling Life? Create a Plan.****We all know there is more to life than work. We know balance is key to managing stress, being productive, and finding happiness. But finding the time to get away from work can sometimes seem elusive. If you’re looking for that happy medium, here are some small steps to get you started.**We need time for family and time for ourselves. Balancing our time between work, family, other responsibilities, and self-rejuvenation is essential for our physical and mental health, as well as productivity. But it can be difficult to figure out where exactly that balance is. There’s no single right answer for everyone, but these tips can help you figure out your ideal work-life balance.**Think of the big picture.** What does a “fulfilling life” look like to you? What roles do you identify with (spouse, parent, friend, hobbyist, etc.), in addition to your job title? When you look back at your life, what do you want to see? These big-picture questions can be daunting, but also invigorating opportunities to reflect on what your priorities are—especially those outside your professional world.**Schedule it.** You get your work done, partly because you have deadlines and time scheduled to work toward them. The other areas of your life are no different. If you want to have a weekly date night with your partner, or more one-on-one time with a child or grandchild, or some regular time to pursue a hobby you enjoy, put it in the schedule.**Learn to say, “no.”** Once those non-work “appointments” are in the schedule, treat them with the same respect you would treat appointments at work. Avoid the temptation to think they can be easily moved or procrastinated. This means you’ll have to act like you are busy doing something important during those times—because you are.**Be here, now.** When you are at work, be present. When you are at home, be present. When you are with a loved one, be present. When you are working on yourself, be present. You can’t always strike a perfect balance in managing your limited time, but you can make the most of whatever time you have by choosing to focus your attention and energy on what is in front of you right now.**Let someone else worry about your money.** The money you earn can buy you time for the other aspects of your life you want to improve, or it can drain you of that time. You can save a lot of time and stress by having someone you trust look after your investments and assets and work with you to ensure your money is being managed well. Contact me and we can determine what elements of your financial planning are ready to be hands-off. It’s time to spend less time worrying about where your money is going and more time where it really matters.

|  |  |
| --- | --- |
|

|  |
| --- |
| LET'S CONNECT |

 |

 |

 |

 |
|  |