

**Work / Life Balance
IS DEAD**

**BUT:
Healthy Work / Life Integration
IS POSSIBLE**



Your Integration Journey Starts With: 4 Key Shifts:

What becomes
possible when you
SHIFT YOUR MINDSET?

Mind Shift 1:

THINK OUTSIDE THE BOX

Mind Shift 2:

LIVE WITH INTENTION

Mind Shift 3:

LEARN TO DREAM AGAIN

Mind Shift 4:

INVEST IN THE OUTCOME

Mind Shift 1:

THINK OUTSIDE THE BOX

**BE OPEN:
Today Work & Home Life
are fully intertwined.
Balance can't exist.
A healthy, intentional,
integrated life can...**



Mind Shift 2:

LIVE WITH INTENTION

BE PRESENT:
Choose to let go of
distractions & FOCUS.
Live with intention in
everything you do



Mind Shift 3:

LEARN TO DREAM AGAIN

BE FEARLESS:
If you knew you couldn't
fail... What would you do
differently?



Mind Shift 4:

INVEST IN THE OUTCOME

BE SELFISH:
You are the Primary
Asset. What will it cost
you, if you don't invest
in yourself?



Your Worth It!
Make The LEAP

**We dive deeper into this
each week on our mini
masterminds. Stay tuned...**

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