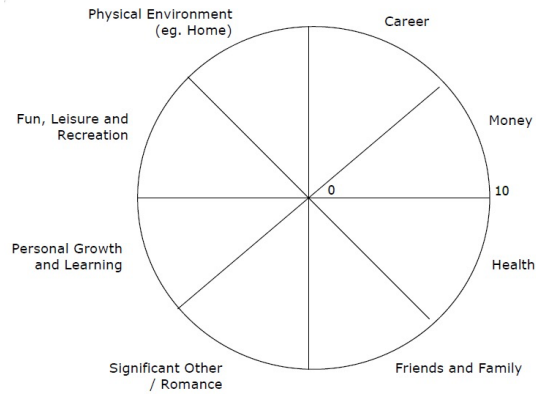




**Discovery:  
You cannot BEWARE of something,  
until you are first AWARE of something!**



**State the following in the present tense as though you already had it.**  
What would a balanced life look like to you?

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What is stopping you from getting it?

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Who else does this matter to?

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What is one small step you might take towards achieving this?

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Burnout vs. Stress

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Challenge Reframe

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Deposits

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Blame Others

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Super Habit

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Reframe

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Reverse a Passive Yes

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Limiting Belief

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## **Risk Management Questions**

*{I find an amazing reduction in stress in both my coaching clients and myself when subjecting concerns to these questions}*

(Fear is a risk)

1. What is the best that can happen?
2. What is the worst that can happen?
3. What is the most likely to happen?
4. Can I cope with the worst?
5. Would I be happy with the most likely result?

A journal helps you be aware and by focusing on gratitude you look for the positive in your day. I use the 5-minute journal, which uses the following formant:

### **Morning Routine**

List three for each of these:

I'm grateful for :

What would make today better?

Daily Affirmation :

### **Evening Routine**

List 3 Amazing things happened today?

How could you have made today better?



**Contract:**

I \_\_\_\_\_ will take back control of my life.  
 (place your name here)

I realize I have chosen to place before \_\_\_\_\_ my own needs.  
 (fill in the blank)

Today I will choose to care for my self in large ways and in small by: \_\_\_\_\_  
 (fill in the blank)

I WILL do this now.



## Where do you go from here? As promised Conference Special Offers.

- The e-book Effective Communication: What they need to hear and how they need to hear it — \$9.97 on Amazon for \$1.99 (see the back of your handout)
- MP3 of the Beat Procrastination Now webinar \$10
- Balanced Life Group Coaching (Starts in June) normally \$777 (\$397 for LTCAM This week)
- DISC Advantage 1 day workshop tomorrow (<https://billwright.leadpages.net/disc-advantage-winnipeg/>) \$197 [with coupon code #LTCAM2015 \$147].
- One-on-one coaching (book a complementary discovery session <https://billwright.leadpages.net/complementary-session-3/>)

Contact [bill@mycoachbill.com](mailto:bill@mycoachbill.com) 613-226-6637

See me for other available items to increase your understanding and help you choose balance.  
 One-on-One coaching is also available.  
 Corporate training is available.