

FIND *Balance* WITHOUT SACRIFICING *Success*

PERSONAL
BALANCE
EQUATION™

Susan Elford
COACHING CONSULTING

403.830.1471 | susanelford.com

©2016 Susan Elford | All rights reserved.

Word Cloud: tagxedo.com



Hello and Welcome!

Thank you for joining me and my community of women who want it all – at the same time, without having to sacrifice success.

How is that possible? You must be asking. How can you possibly have it all, and live a life of balance, without sacrificing success?

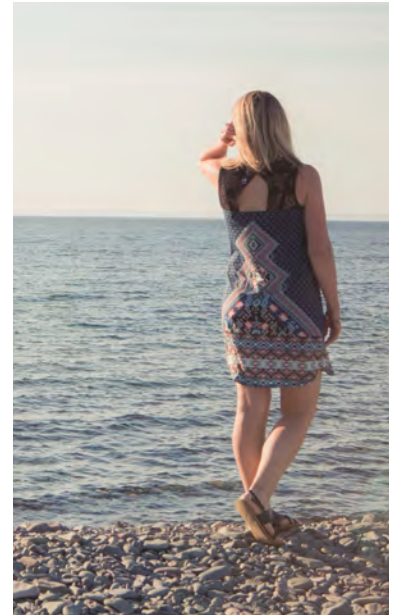
IT IS POSSIBLE. I'M LIVING IT NOW!

But I wasn't always, that's for sure. And the road to figuring this out was long, painful and filled with a lot of angst.

I don't want this to have to be the way it is for you. This is why I have created this workbook, to help you get started, right away, on figuring out what a life of balance and success can look like for you.

If you have found your way here, you are, no doubt, a smart, driven, talented and exceptional human being. You are seeking a way to not settle. You are probably here because you are looking for answers. How can you have it all AT THE SAME TIME and still, for example, sleep.

Because, let's face it, isn't that the first to go? In addition to sleep, there are so many other things we seem to willingly sacrifice so that we can get it all done, be all things to all people, perform at our potential and have meaningful relationships.



If you are here, you are probably:

- Very successful in your working world, but tired at the sacrifice you seem to have to make in your personal life to make that success an ongoing reality.
- You have given a lot up for your family – maybe a little too much. You wouldn't trade them for the world, of course, but isn't it time to put a bit of YOU back into that life of yours? How can you work or build your career without sacrificing relationships with the people closest to you?
- You have figured out a system that works for you, but you're still not happy – something is missing. You're not even sure what is missing, you just know that life could be a little happier – more fulfilling – and is this it?

If this is you, then this workbook is the beginning. These worksheets will help you break down how you are spending your time, and help you dream a little about what the ideal would... could... look like. And how do you decide how you spend your time anyway? How do you decide what gets priority? We will look at that too.



I hope this exercise helps you start to see what can be possible for your life, for your business and for your career. And if this sparks your interest, and you'd like to learn more about how working with me one-on-one can open up even more possibility for your life, then please do reach out and apply for a **complimentary Balance Breakthrough Session**.

The time is NOW to start putting YOU back into your life, so you can have clarity about what's next for you and your career or business, enjoy the success you deserve and the balanced lifestyle you crave.

To your most fulfilling and balanced life,

Susan Elford, BA (Hons), BPR, APR
PR Strategist & Leadership Coach

P.S. Make sure to also download the audio recording – on it, I walk you through why I created this program and how you can use these tools to help create a more fulfilling and balanced life.

PERSONAL BALANCE EQUATION™

The beauty of how I created the **Personal Balance Equation™** is that it **looks different for everyone**. What fits in your equation, may not fit in someone else's. No one – and I mean NO ONE – can tell you what “should” be in your personal equation. **It's all about you.**

**YOUR VALUES + YOUR PRIORITIES + YOUR GOALS/DREAMS
= YOUR SUCCESS & HAPPINESS**

Now you can create your own equation. Fill in **your values**, **your priorities**, and **your goals/dreams** in the spaces below. If you get stuck – email me at susan@susanelford.com. I'd love to help you uncover your **Personal Balance Equation™**, so you can put YOU back into YOUR life, today!



PERSONAL BALANCE EQUATION™

My Perfect “Work” Week

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6AM	_____	_____	_____	_____	_____
9AM	_____	_____	_____	_____	_____
12PM	_____	_____	_____	_____	_____
1PM	_____	_____	_____	_____	_____
3PM	_____	_____	_____	_____	_____
5PM	_____	_____	_____	_____	_____
7PM	_____	_____	_____	_____	_____
9PM	_____	_____	_____	_____	_____

Susan Elford

430.830.1471 | susanelford.com

PERSONAL BALANCE EQUATION™

My Perfect Weekend

SATURDAY

SUNDAY

6AM

9AM

12PM

1PM

3PM

5PM

7PM

9PM

Susan Elford

430.830.1471 | susanelford.com



About Susan

Susan Elford is a PR Strategist and Leadership Coach who especially loves to work with people who want it all: a fulfilling career or business while living a balanced life. Susan helps her clients get real about their strengths and celebrate and promote them so they get more of what they want: success at work; success in business and success in life. Apply for your Balance Breakthrough session today at www.susanelford.com/free-consultation.

SIGNATURE PROGRAMS

The Personal Balance Equation™ is a program that helps you get really CLEAR on what's most important to you, where to PRIORITIZE your time so you are HAPPIEST and we even make room for big picture career and life goals and dreams so you know you've got that covered as well.



If personal success and happiness is what you're after, the Personal Balance Equation is for you.

Interested in seeing if we're a fit? Apply for your complimentary Personal Balance Breakthrough Session to find out how this program can help you find the right balance for your life.



PERSONAL
BUSINESS EQUATION™

The Personal Business Equation™ program is the outcome of how I created a successful, fulfilling business while living a balanced life. Like the

container for your life, it's important to create a container for your business so it meets your needs in your personal life as well as in your professional life.

Combining my 20+ years of business and communications experience, with Co-Active Coaching principles, I have created a program that helps new and seasoned entrepreneurs create a business that meets their personal and professional goals.

After working with me, clients are very clear about what's next for them in their business, what their unique strengths and selling features are, and have a plan in place to promote themselves. How far you want to go and how successful you want to be is up to you.

Want to see if we're a fit? Apply for your complimentary Personal Business Breakthrough Session to find out how this program can help you design a business that's right for you.