



WORK SMART. LIVE WELL.

# LIFE IS GOOD

Results from Quiz: Am I Burned Out?

Work Smart. Think Different.

# Your Results

## Work-Life Balance is Good

We know that not everyday you are running with balloons to your next celebration. Based on your results you have achieved balance.

And we celebrate that! Woohoo! It is no small task...

This e-book gives you tips and strategies to support you in maintaining that balance.





## **Happiness is a Choice**

Happiness is not a set of circumstances rather a choice we make. This state of mind comes from our daily choices, belief system and effort to continue to focus on the right things.

**THERE ARE ALWAYS  
TEMPATATIONS TO  
FOCUS ON WHAT IS  
GOING WRONG.**

**HAPPY PEOPLE FOCUS  
ON WHAT IS WORKING...**



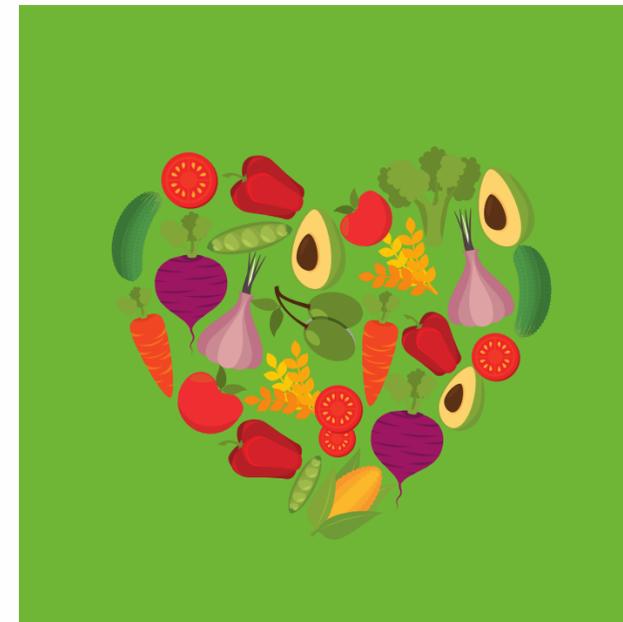
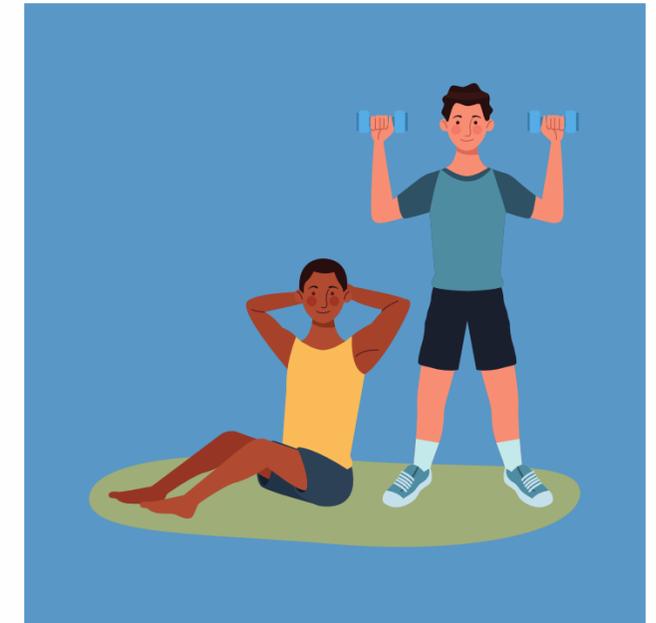
# The Formula

**Getting to happiness is different for everyone...**

And there are are certain elements that are part of the happiest people's journey.

- Daily prayer
- Activity
- Healthy Diet
- Mindset

*Let's break down each one individually....*

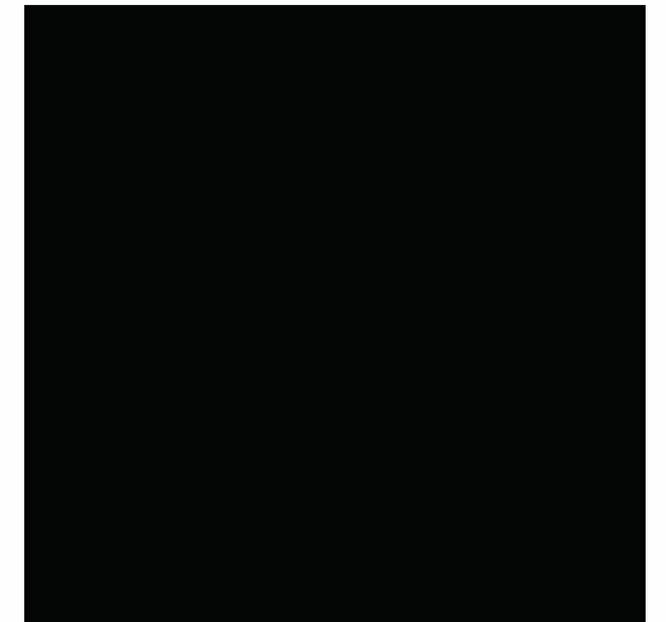


# Daily Prayer

## **Acknowledging our spirit taps into the Divine supernatural presence...**

This acknowledgement of God and the Divine in everyday life increases your sense of wonder. We are spirit beings living in a human body and crave a connection with the Creator of the Universe.

It is written, "in the beginning was the Word (Christ) and the Word was God..." John 1:1. Jesus Christ is the Source of life... He wants to have a relationship with you and will bless you when you reach out to him. Have a daily conversation (prayer) with Jesus and ask Him to show you the answers you need for every situation.



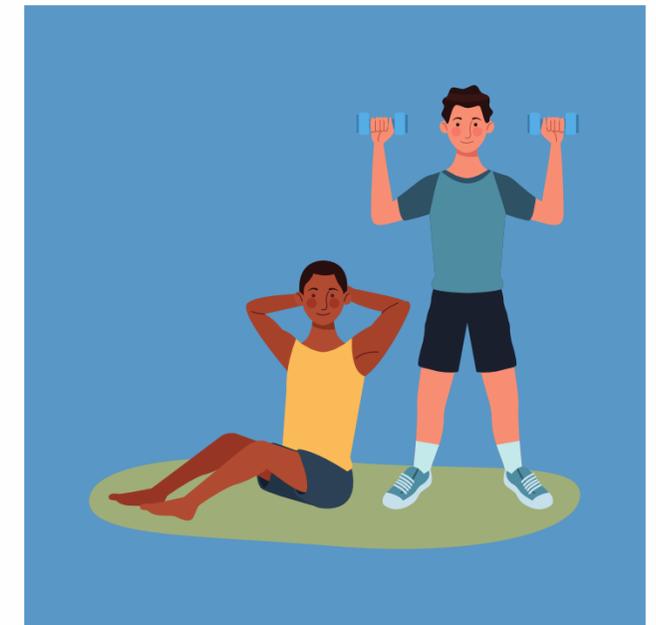
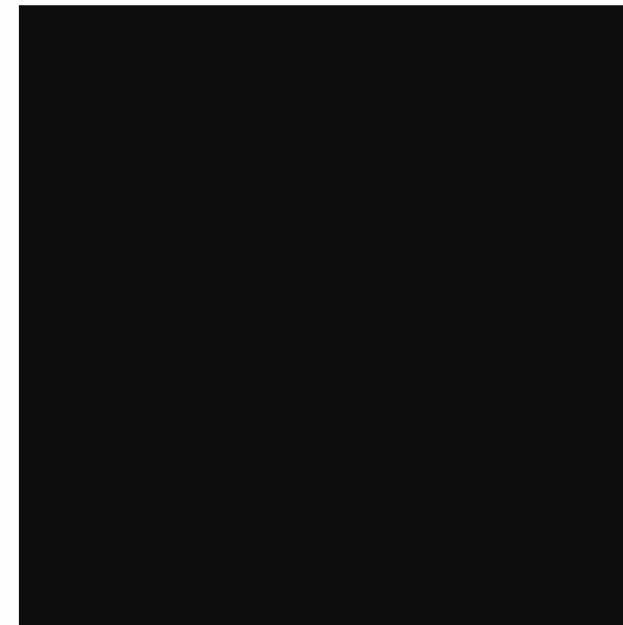
# Activity

## Our bodies are designed for movement...

The screens have invaded life and robbed many people of their vitality.

- Walking
- Dancing
- Running
- Working out with weights
- Playing with your dog

*Do you have a consistent routine that keeps you active?*



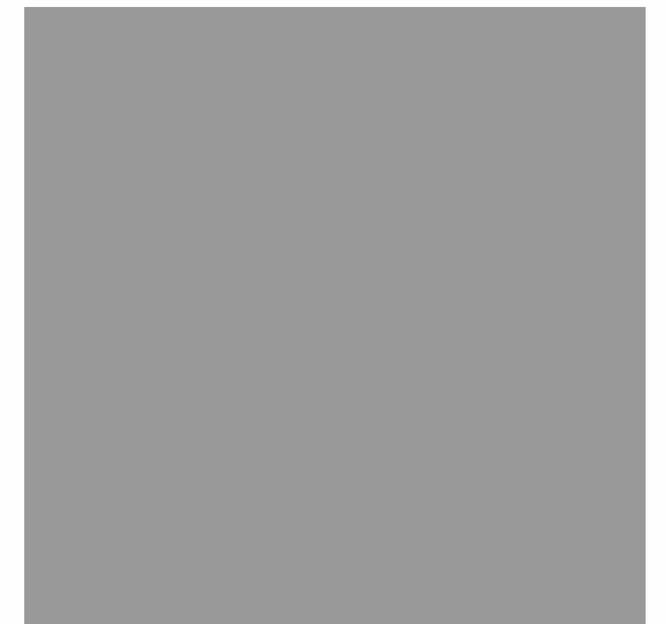
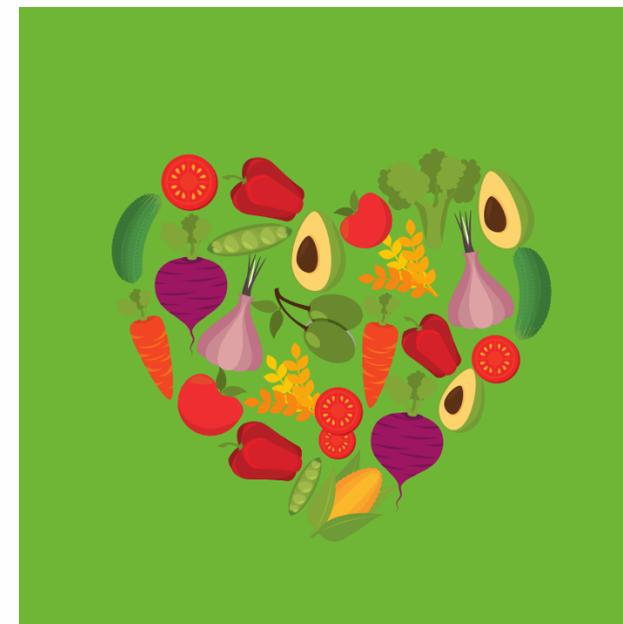
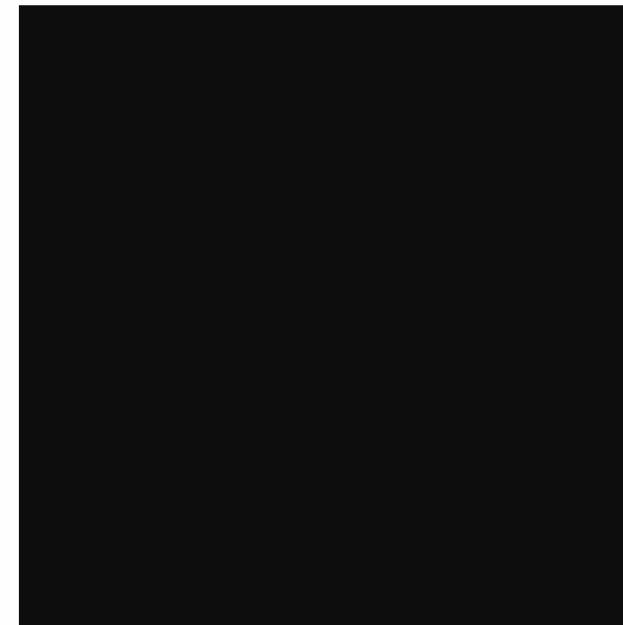
# Healthy Diet

Vegetables, fruit along with meat, fish to balance your macro nutrients ...

Our body is an energy generating machine - that is what it is designed to do. Yet most people are tired all the time.

Vegetables have minerals that are the spark plugs for our energy generating machine. Too much sodium, carbs, sugar coming from fast food robs our body of those essential nutrients. This leaves the body in debt, which is why you are are tired.

Feed your body healthy food and you will have the vibrant energy you want!

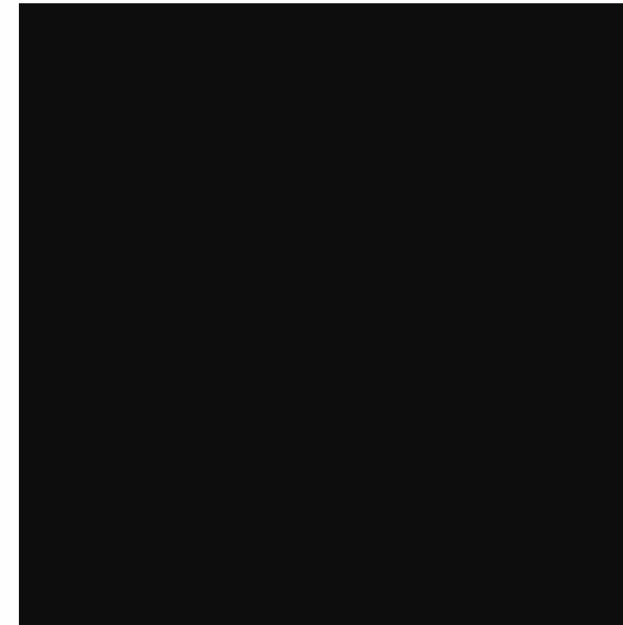


# Mindset

How you think is what determines your outcome.

The first 3 elements we talked about will help you develop a healthy mindset. But it also requires a daily intention to set your mind on things that energize you.

This is why reading the bible and learning what God says is so powerful, it will change your limited perspective. Having energy from healthy food and activity keeps your perspective on what is possible.



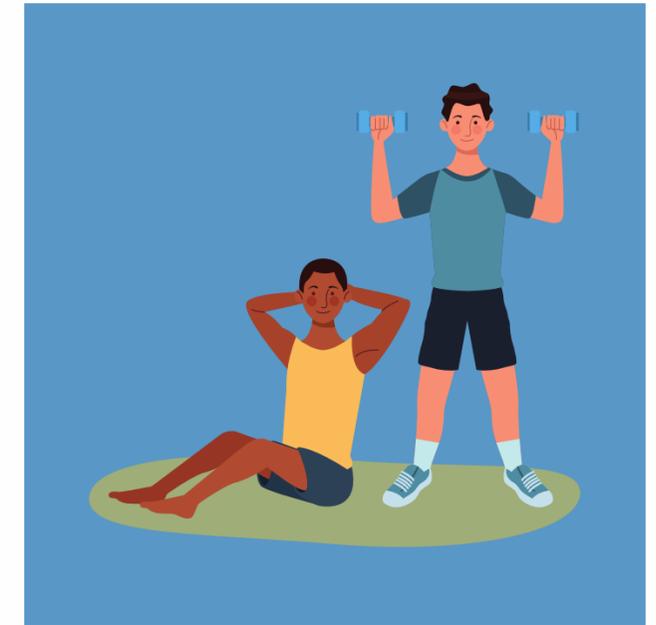
# BALANCE is KEY

Use these 4 elements and find the formula for you...

Stay vigilant to your energy levels. When stress hits, it impacts your mood, energy and mindset.

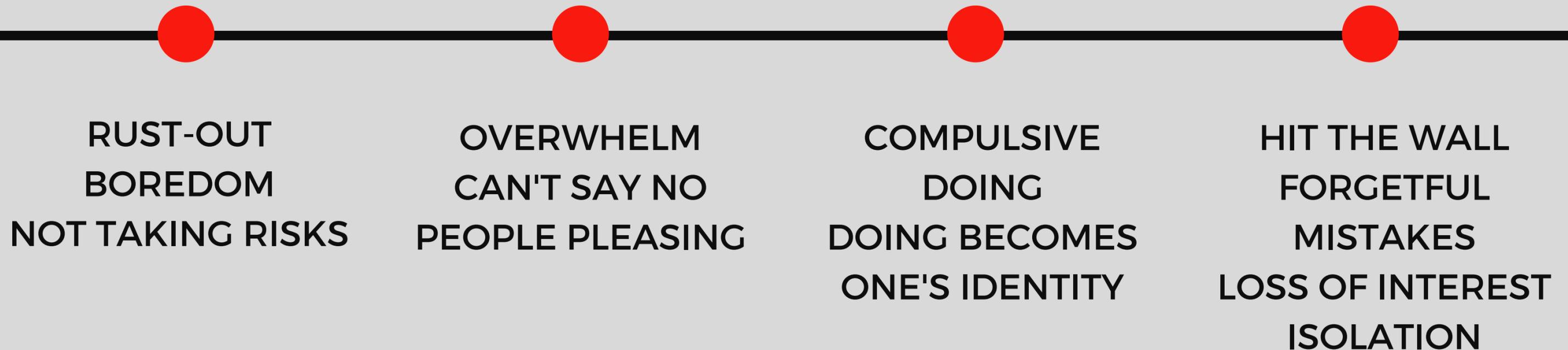
Are you negative, annoyed, angry or becoming cynical? These are all indicators on your personal dashboard that you have to take action.

*Keep reading for more on maintaining work life balance ....*



# Timeline of Stress

Where do you live?





# Rust Out

## The End Game of Boredom

You may be thinking, "I would love to be bored.. I have so much to do." This sounds more like compulsive doing which is the edge of burnout.

Living in a chronic state of boredom, while it sounds appealing to someone going 100 MPH, it is essentially inertia. When you stop growing, stretching or learning new things, you rust! And this is when your joints get stiff and so does your mind. You stop wanting more for yourself. You stop dreaming. And this is a loss to the entire world.

Our spirits are designed to stretch. God is progressive meaning He wants us all to grow and multiply. And this the power we have in us, if you do not exercise it, you lose it.

# Power Strategy

**"Paper has more patience than people." Anne Frank**

Miss Frank understood this important principle; getting things out of our head onto paper can be a cleansing ritual.

This is a simple act, yet yields a tremendous ROI, given the investment of time and resources.

Check out the steps to getting started next.



# GETTING STARTED TO JOURNAL



## STEP 1

Pick your journal. This can be a physical notebook or an app.



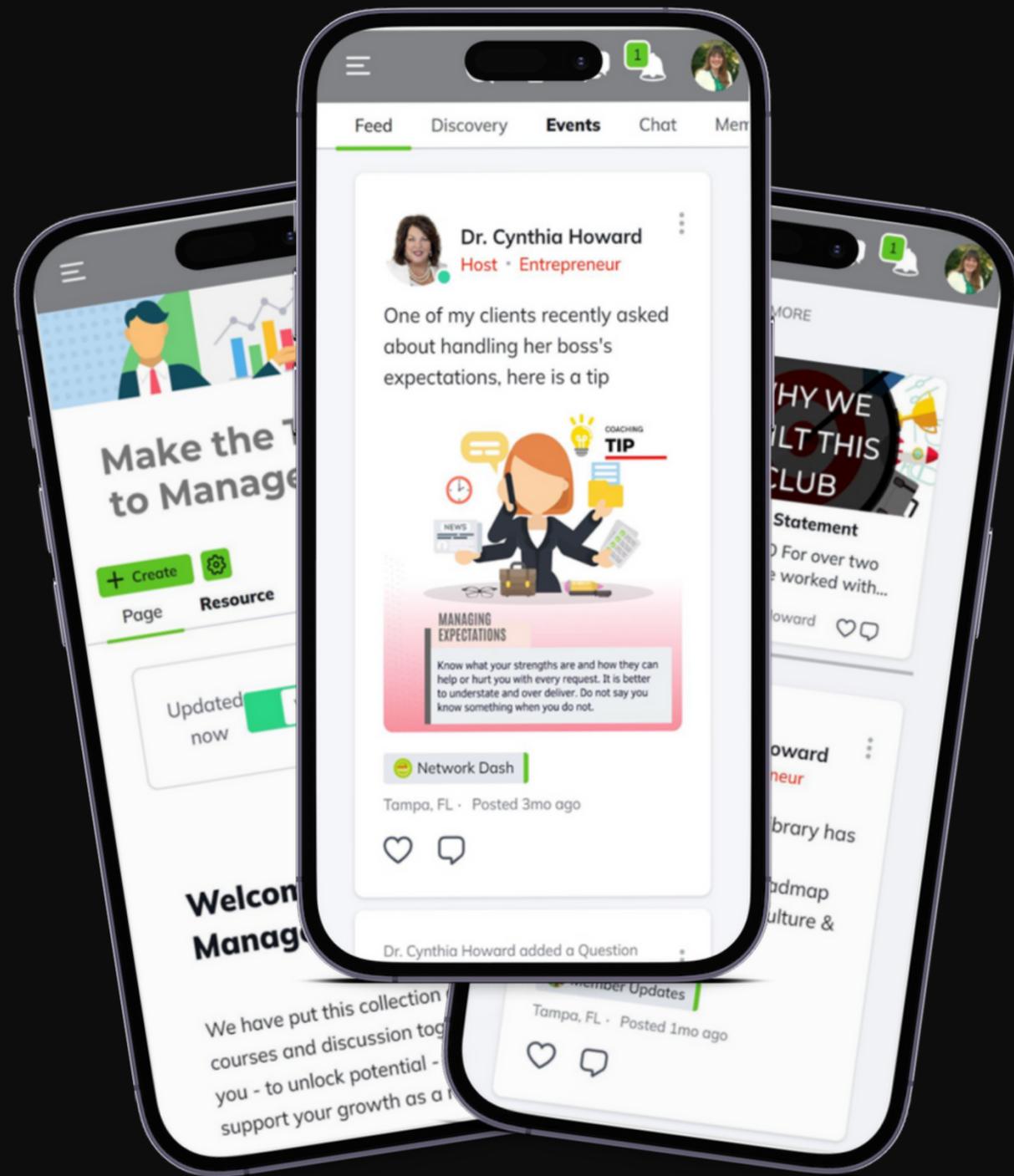
## STEP 2

Choose time when you will write. It can be for 5 minutes. Be consistent in what you choose.



## STEP 3

Choose your theme. Gratitude journal, Daily Review, Ideas are all themes.



# The Work Smart Network

**Our exclusive platform to work smart and live well!**

Whether you want to learn more about journaling or being the best leader you can be... our network has several membership options. Since you took our quiz you have access to our free level which will take you further into learning more about work life balance.

Click the middle cell phone to join - it is free!

# **Dr. Cynthia Howard**

**RN PHD LSSBB**

**Found of the Network**

**Executive Coach & Performance  
Consultant**

Cynthia has worked with many leaders and professionals who want more from their life. After several decades of coaching amazing people and working with organizations who want to grow, she started the movement to work smart and live well. The foundation of this is the Work Smart Network where individuals and corporations can come together to learn, connect and grow.



**Work Smart. Think Different.**

# Keep in Touch: Weekly Livestreams



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**THE WORK SMART NETWORK**

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