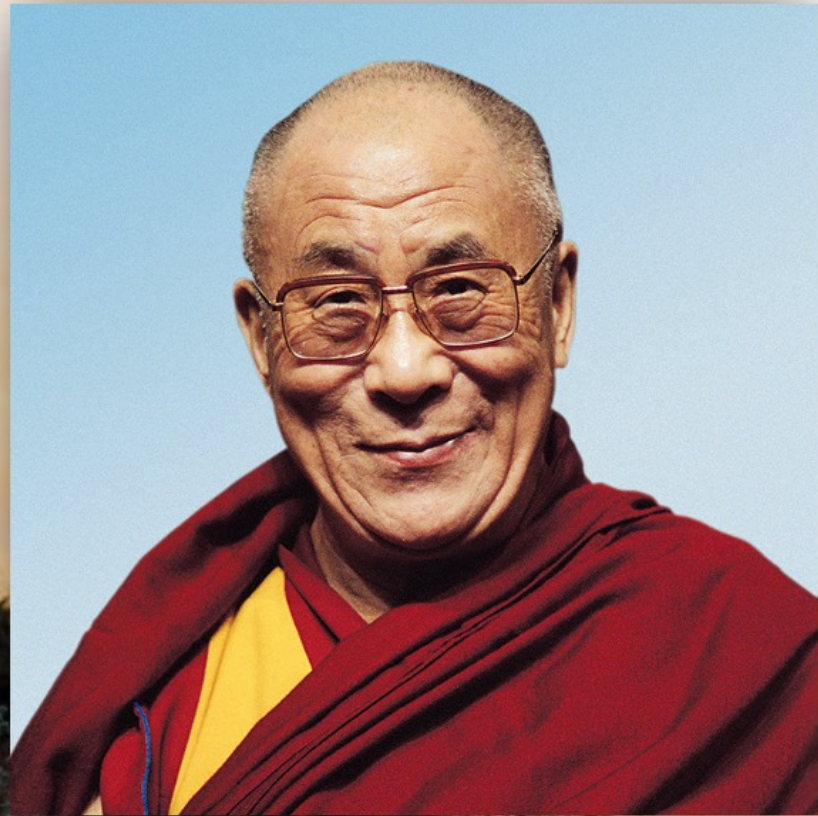




**From Busy
to Balanced**

Without Quitting Your Life



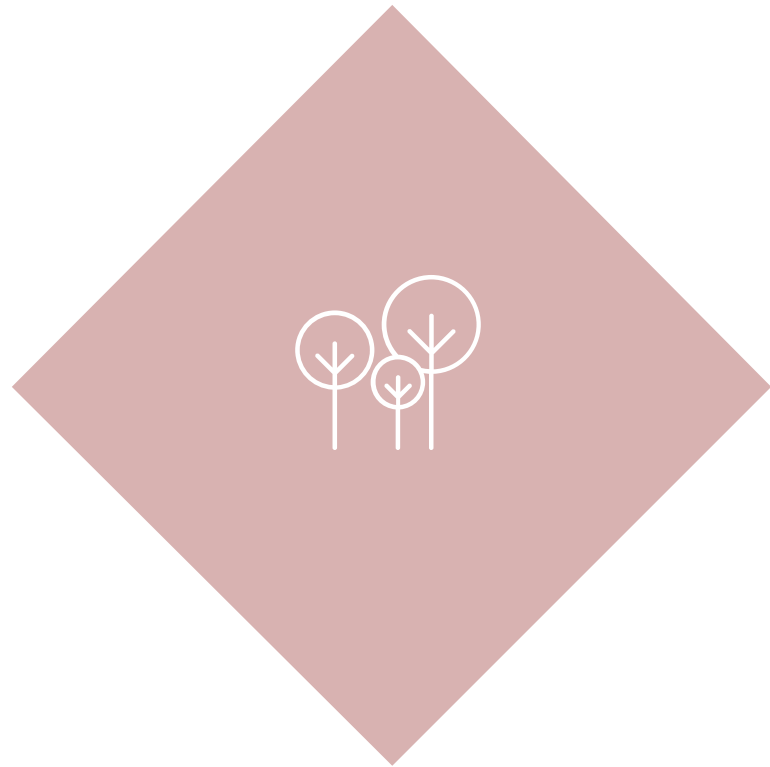
If one's life is simple, contentment has to come. Simplicity is extremely important for happiness. Having few desires, feeling satisfied with what you have, is very vital.

14th Dalai Lama



- ✓ **Be It All**
 - ✓ **Do It All**
 - ✓ **Look Good Doing It**
-





About

Me





5,000%
Increase YOY

How to Cure Burnout



Google Search

I'm Feeling Lucky

Work/Life Balance

Recipe

01

Casting the Vision

02

Caring for Yourself

03

Calming the Chaos

04

Creating the Roadmap





TOP 5 REGRETS



- 1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.** This was the most common regret of all. When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled.
- 2. I wish I didn't work so hard. This came from every male patient that I nursed.** They missed their children's youth and their partner's companionship. Women also spoke of this regret. But as most were from an older generation, many of the female patients had not been breadwinners.
- 3. I wish I'd had the courage to express my feelings.** Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming.

TOP 5 REGRETS



4. I wish I had stayed in touch with my friends. Often, they would not truly realize the full benefits of old friends until their dying weeks, and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved.

5. I wish that I had let myself be happier. This is a surprisingly common one. Many did not realize until the end that happiness is a choice. Fear of change had them pretending to others, and to themselves, that they were content. When deep within, they longed to laugh properly and have silliness in their life again. When you are dying, what others think of you is a long way from your mind. How wonderful to be able to let go and smile again, long before you are dying!

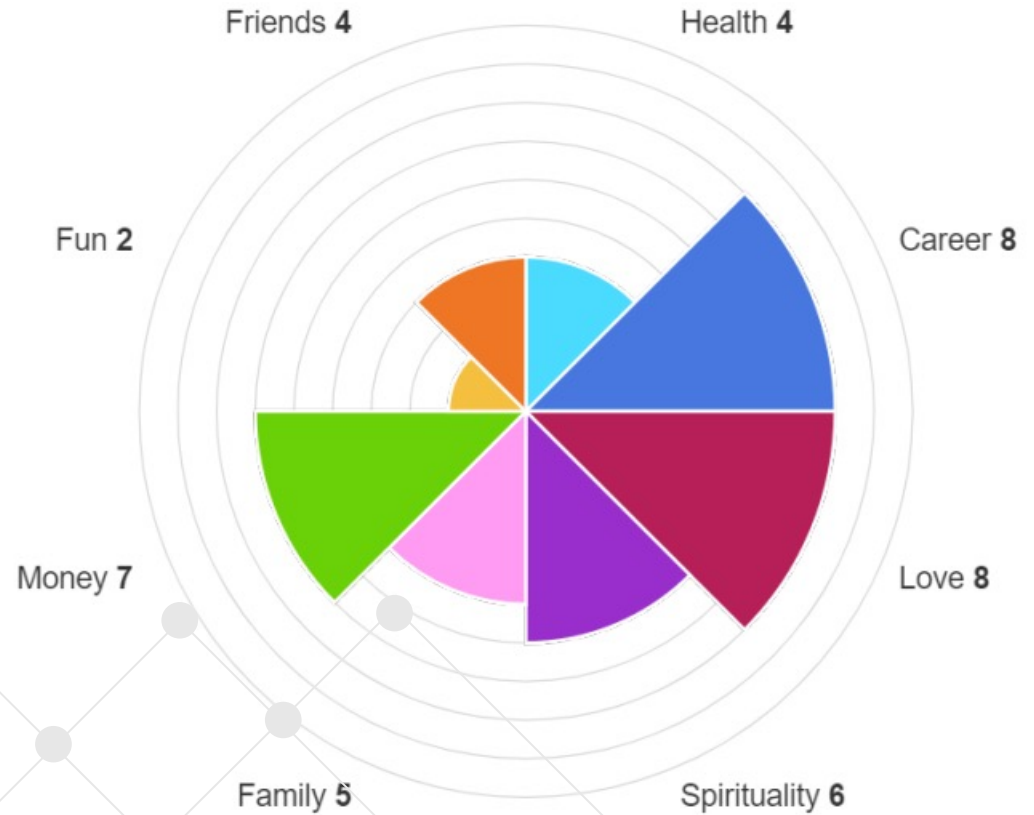
Work/Life Focus

8 Areas of Life

My Wheel of Life

June 05 2022

- 1. Health**
- 2. Career**
- 3. Love**
- 4. Spirituality**
- 5. Family**
- 6. Money**
- 7. Fun**
- 8. Friends**



W h e e l o f L i f e E x e r c i s e



Or Visit:

<https://wheeloflife.noomii.com>



Seasons
of *Life*



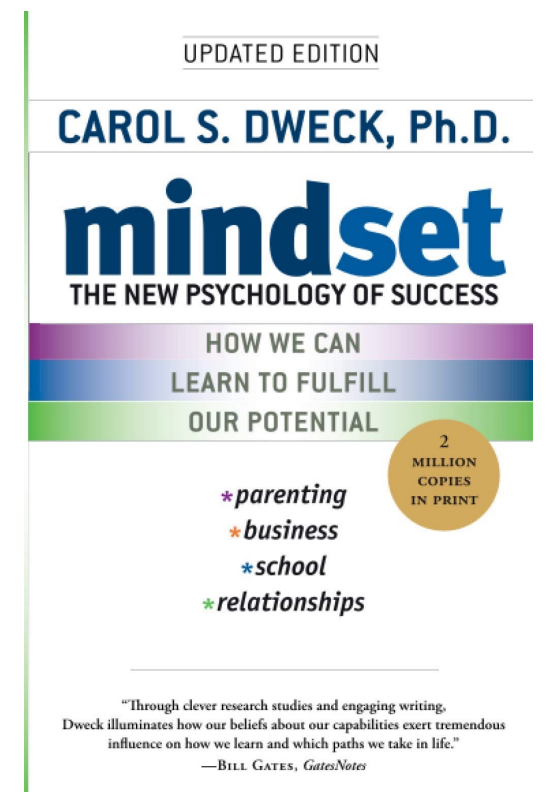
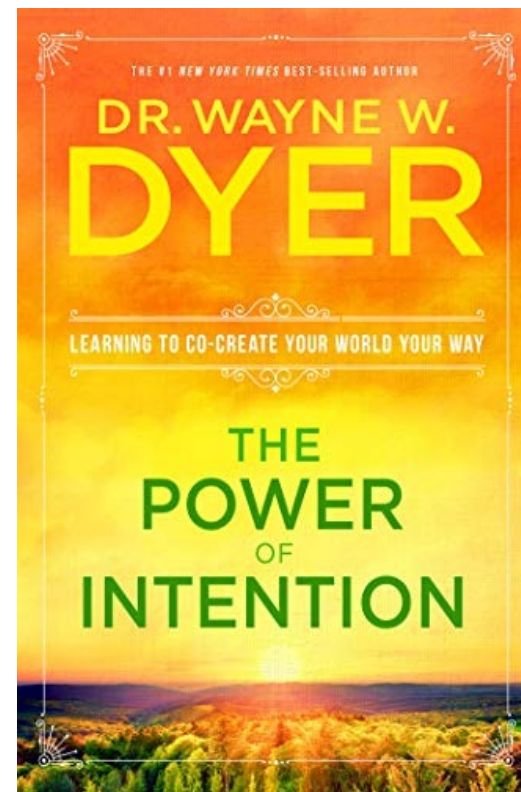
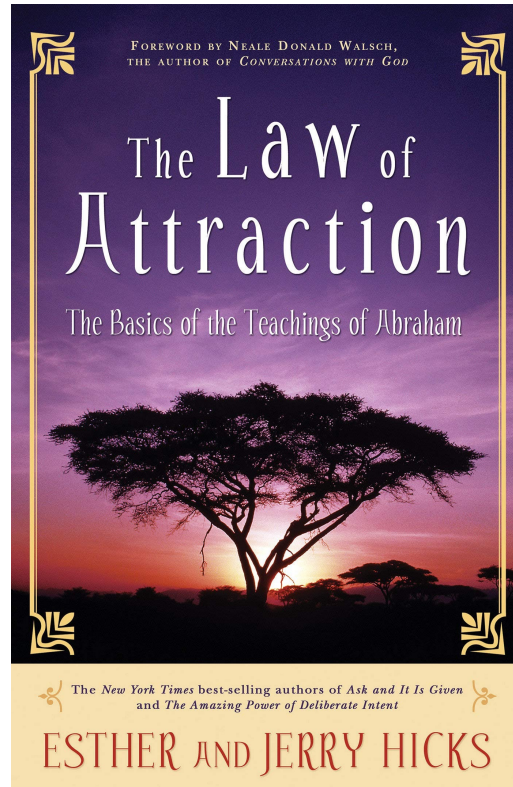




Casting
The Vision

Book

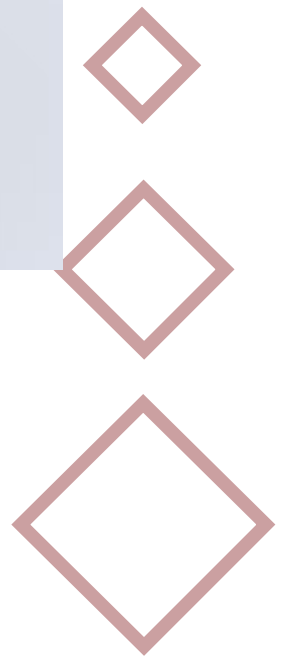
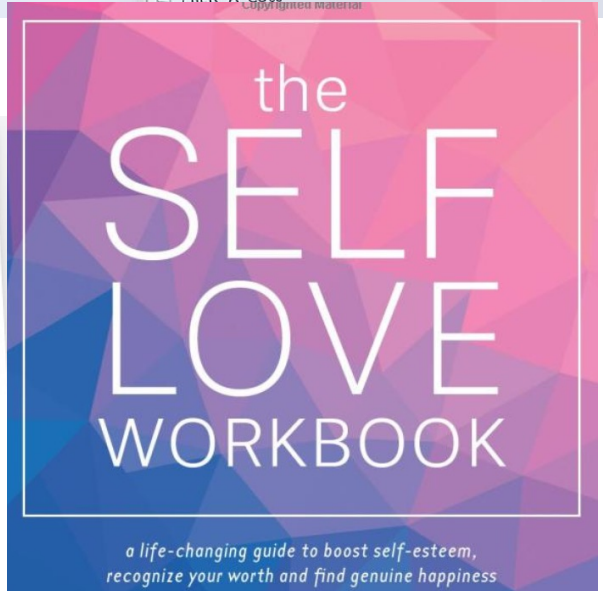
Recommendations



A Journey to Self-Discovery

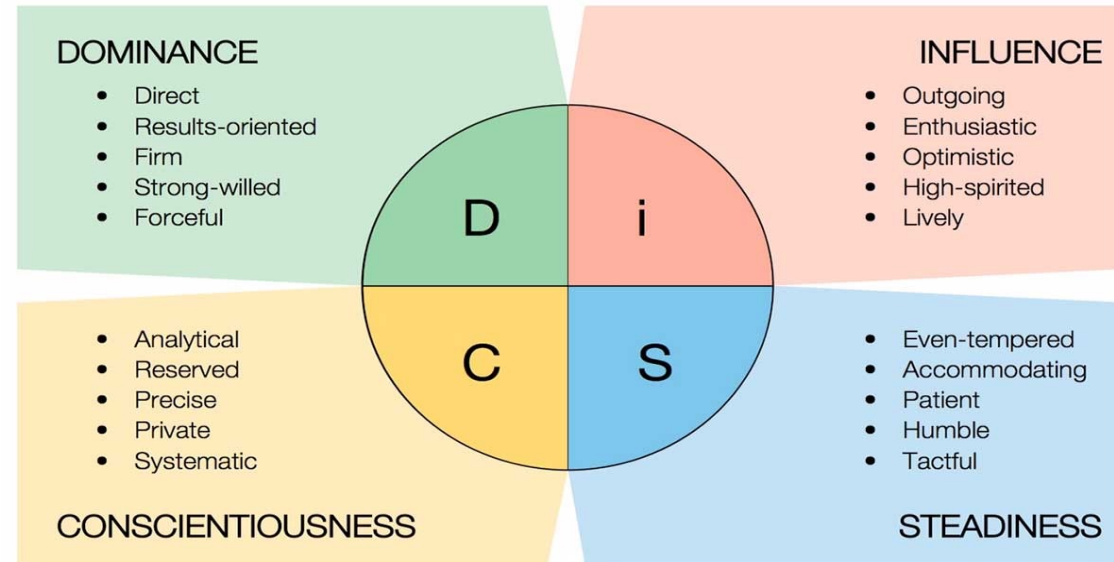


- read
- List:
- Become What You Are
 - 12 Rules For Life
 - Feel The Fear And Do It Anyway
 - The Most Important Thing
 - The 4-Hour Work Week
 - Zero To One
 - The Effective Executive

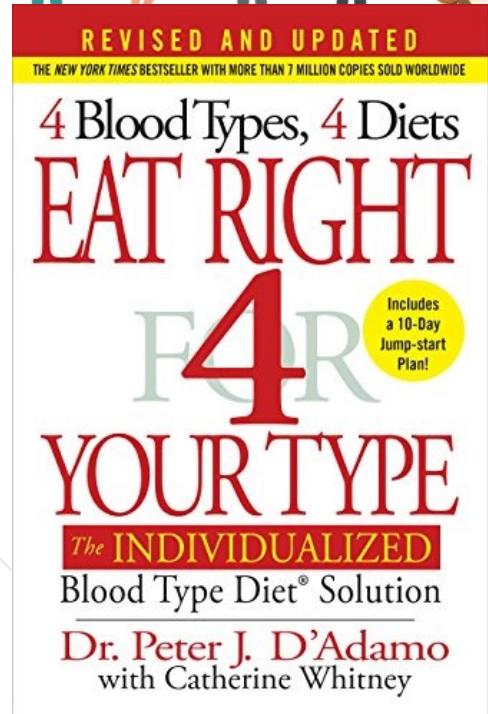


A Journey to

Self-Discovery



16 PERSONALITIES



LIFE PATH NUMBERS: Their Archetypes & Life Purpose

22 - The Visionary Architect
Your life path is of a master builder / manifestor.

11 - The Illuminator
Your life path is a search for enlightenment.

1 - The Warrior
Your life path needs you to take the lead.

9 - The Sage
Your life path is to heal the world through embodied wisdom.

2 - The Harmonizer
Your life path needs you to love & be loved.

8 - The Influencer
Your life path is to find ways to achieve & prosper.

3 - The Performer
Your life path needs you to be seen.

7 - The Seeker
Your life path needs you to seek out knowledge.

4 - The Artisan
Your life path needs you to find stability.

6 - The Nurturer
Your life path needs you to nurture.

5 - The Adventurer
Your life path needs you to find freedom!

f Instagram Twitter jaymahakaal01 www.jaymahakaal.com

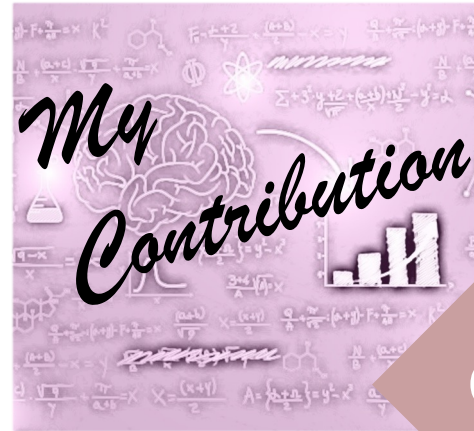
Life

Vision Statement



How I would
love my life to
be...

01



How I Want
to Contribute
to this
World...

02



Caring
For Yourself

Just Say No

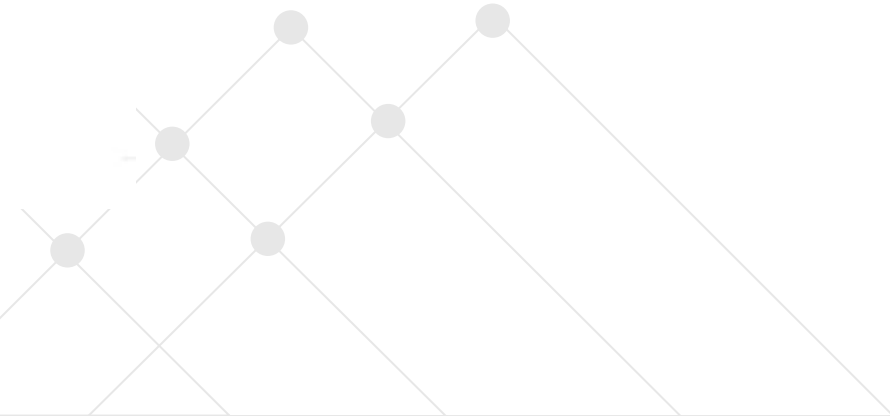
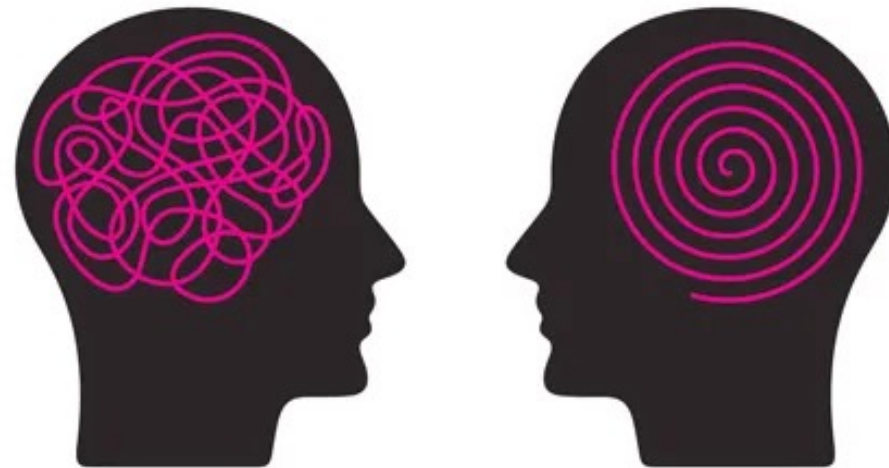
- “No Thank You”
- “I wish I could, but I can’t”
- I can’t do X but I’m open to trying Y
- I’m not taking on anything additional right now
-
- I can’t attend but I appreciate the invitation



Calming
The Chaos

Calming the *Chaos*

Difficulty Focusing
Disorganization
Problems Listening
Forgetfulness
Overspending
Indecision
Paper Clutter



AUTOMATE



- Groceries Online Ordering/Delivery
- Door Dash Dinner
- Task Manager with Weekly Task Reminders
- Calendar Invites/ Auto Reminders in place of manual reminders
- Scheduling out everything email calendar
- Using cellphone Reminders

DELEGATE

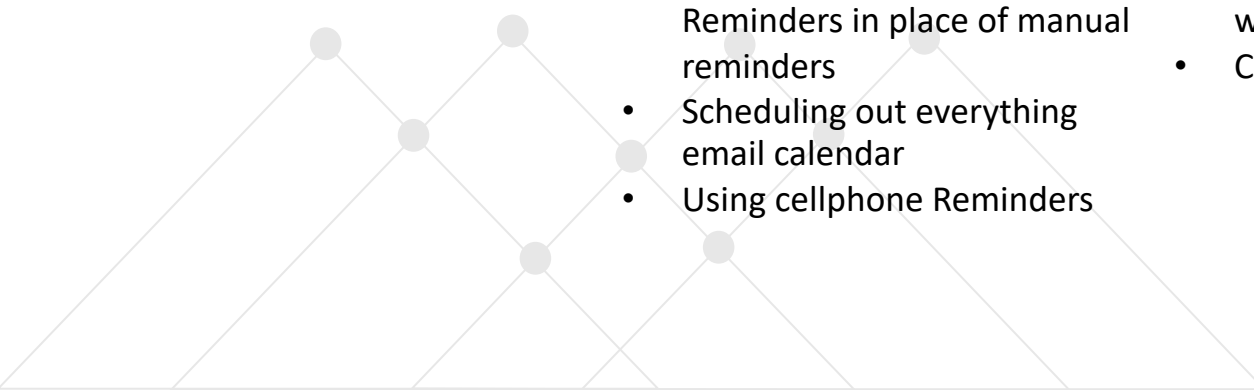


- Doing the Laundry
- Household Cleaning
- Mowing the Lawn
- Weekly Reports @ Work
- Delegate Daily Responsibilities @ work to people that it aligns with their strengths
- Calendar Invites/ Auto

ELIMINATE



- Fixing Everyone's Problems
- Questioning Limiting Beliefs
- Waiting for Praise
- Any and all unnecessary drama
- People that made me feel bad
- Anything that was not getting more closer to my goals

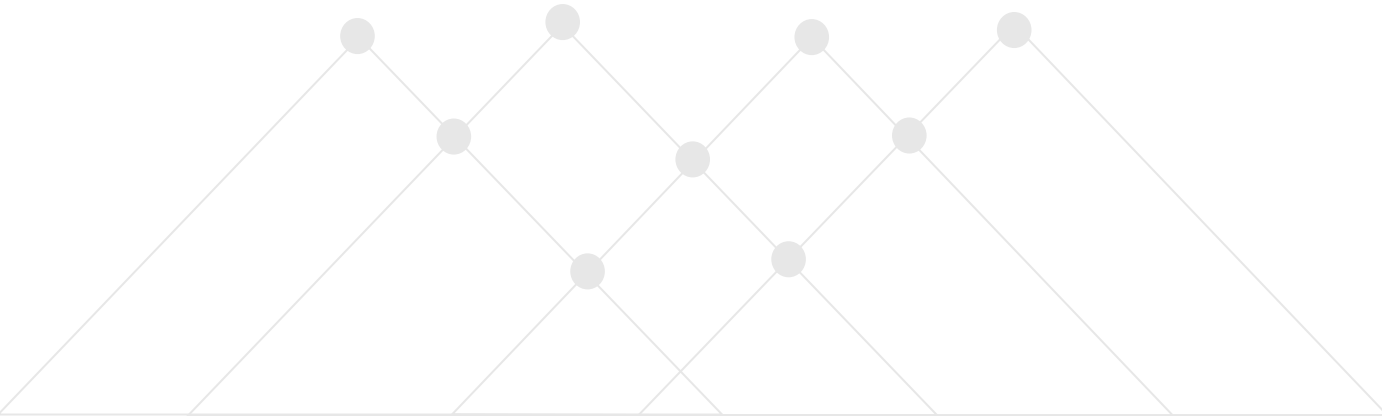




Creating
The Plan

Work Life

Planning



90 Day Planning

90 Day Planning

- **Setting the Vision:** Used to define the vision for the next 90 days as if it has already happened.
- **90 Day Goals:** Select 3-5 goals for the next 90 days and commit to daily habits that will support your goals and how you want to feel.
- **Daily Rituals:** Commit to daily routines that support your vision for the next 90 days.
- **Ideal Week:** Layout what your ideal week would look like. Build in time for work, family, hobbies and fun.
- **Daily Affirmations:** Write down a handful of daily statements that serve as a daily reminder of the person you are becoming.
- **3 Month Calendar:** Used to plan out the next 90 days
- **Monthly Moments:** A tool used to reflect on the most impactful thing that happened each day.
- **Habit Tracker:** Visual aid and accountability tool to help keep you on track

Setting Goals

A Goal is a
Dream with a
Deadline

90 Day Goals

Write down the 3-4 Goals you will commit your focus to for the next 90 Days

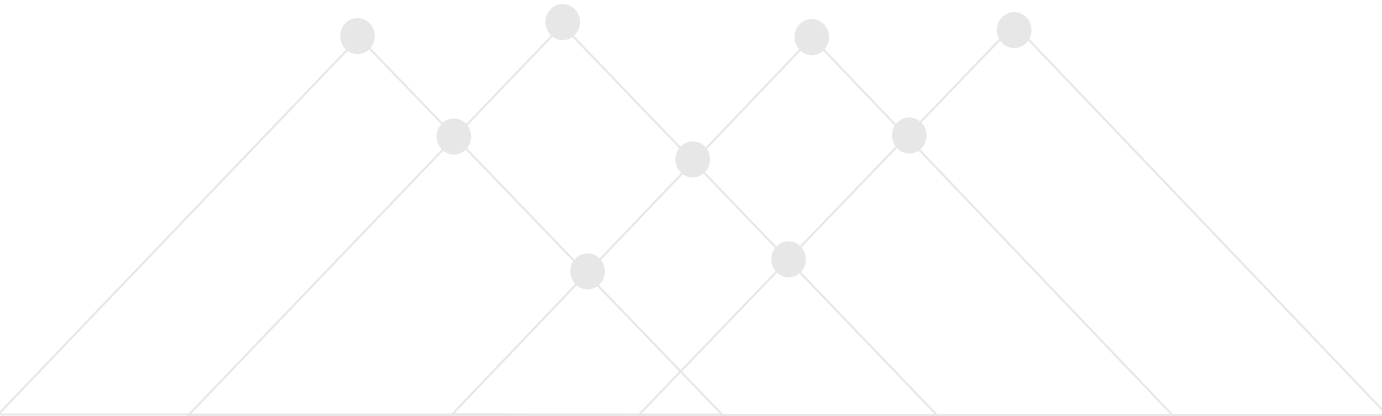
#	Goal	Complete

3 Month

Vision Statement

3 Month Vision Statement

Write down in present tense and full detail what your life will look like in the next 90 days. The more detail, the better. What does your morning look like? How does your ideal day unfold? What are you doing? Who are you choosing to be around? Describe your life statement like a movie or good book playing out in your head.



Daily

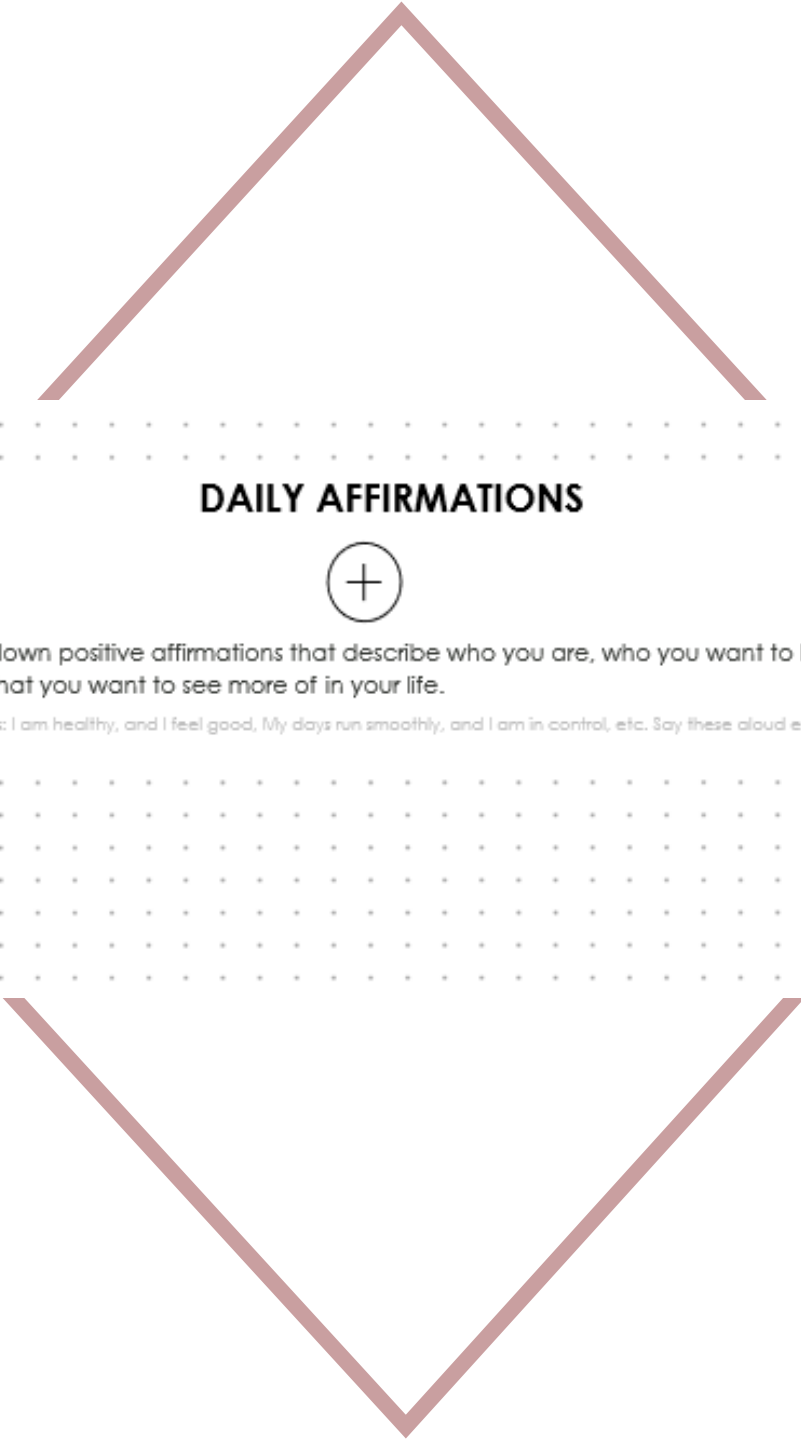
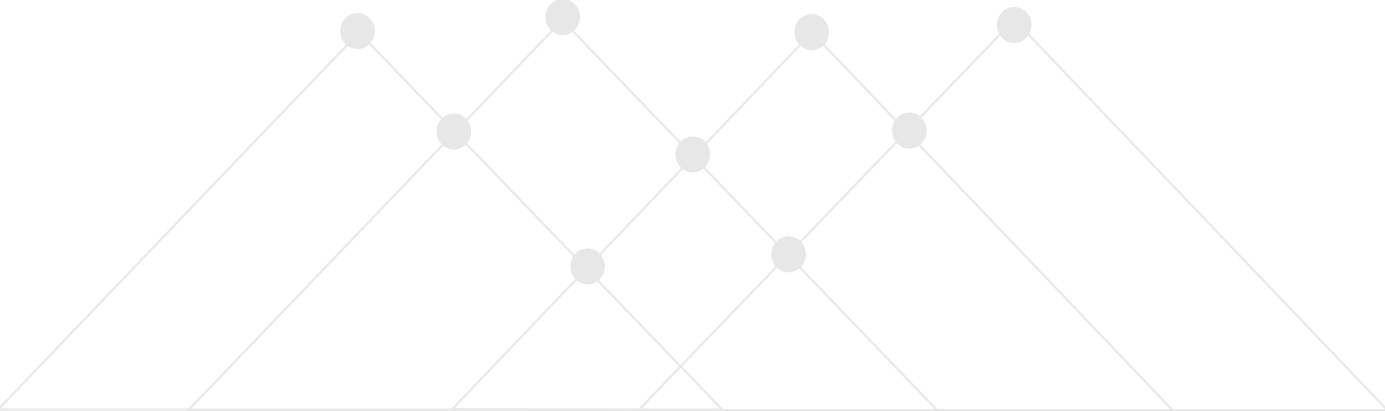
Affirmations

DAILY AFFIRMATIONS

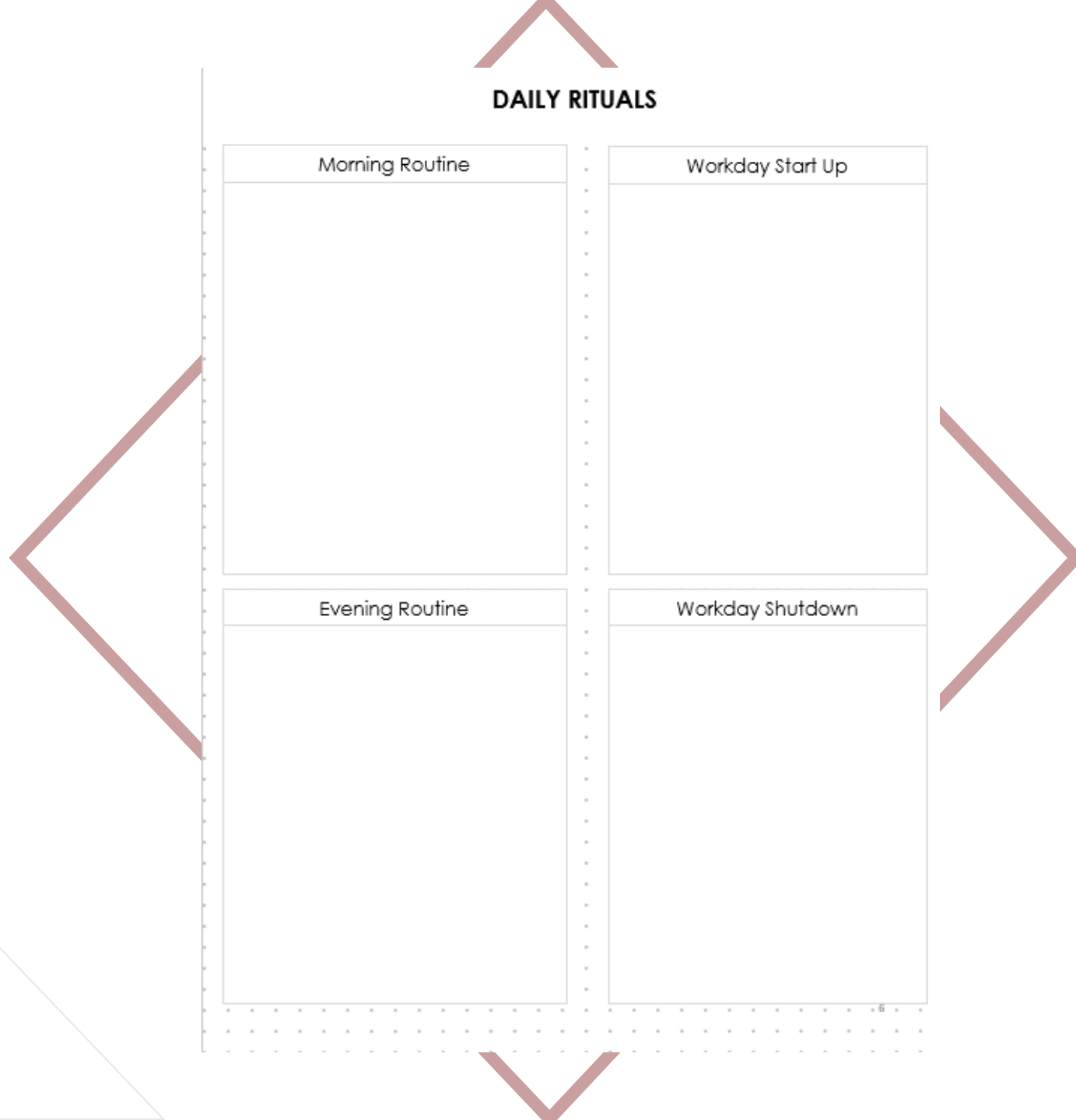
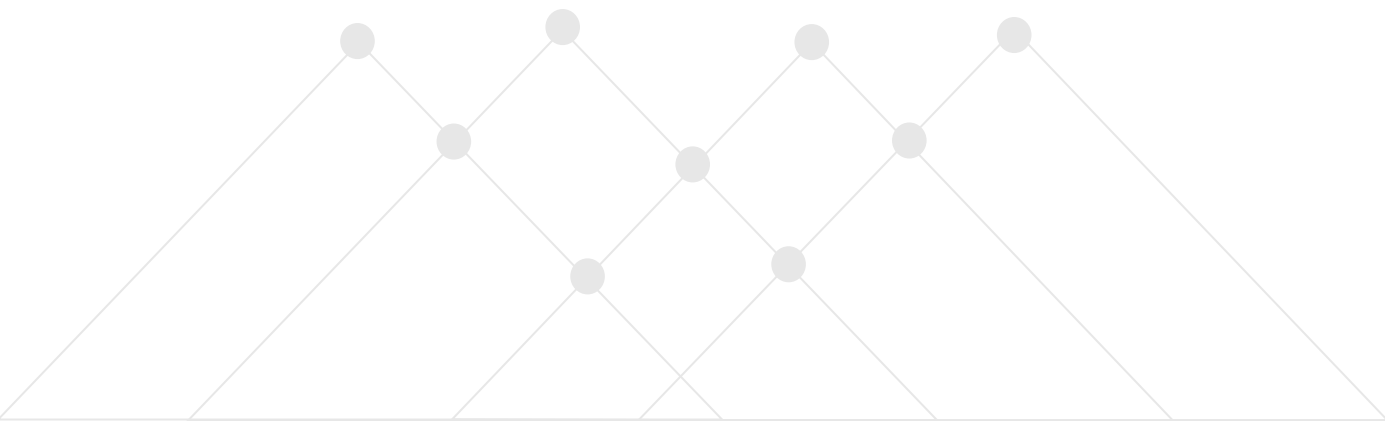


Write down positive affirmations that describe who you are, who you want to be, and what you want to see more of in your life.

Examples: I am healthy, and I feel good, My days run smoothly, and I am in control, etc. Say these aloud each day.



Daily *Routines*



DAILY RITUALS

Morning Routine

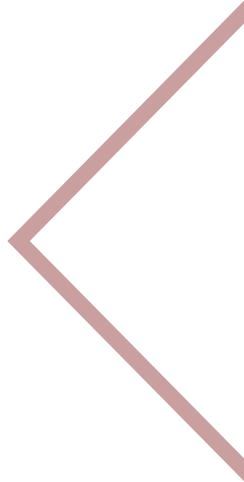
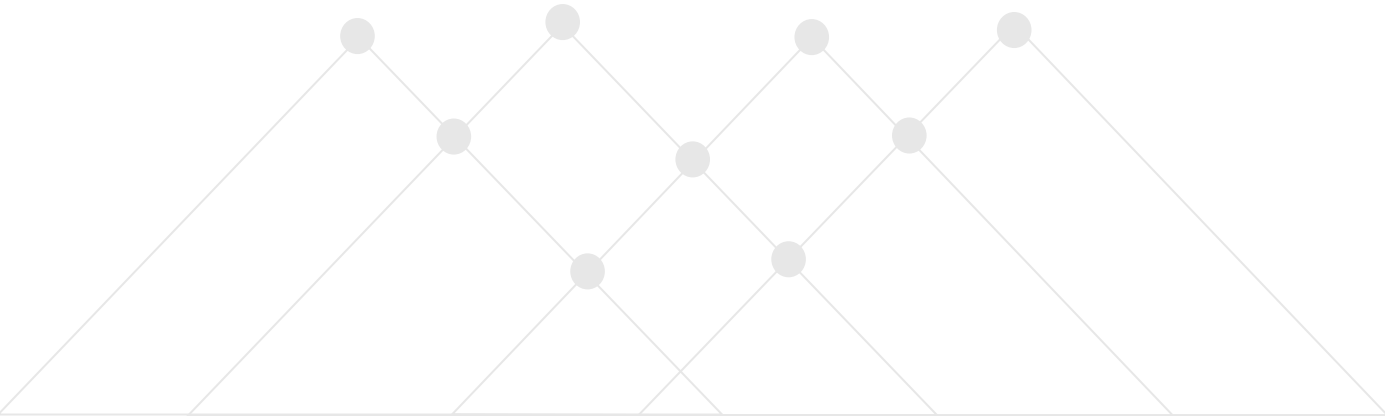
Workday Start Up

Evening Routine

Workday Shutdown

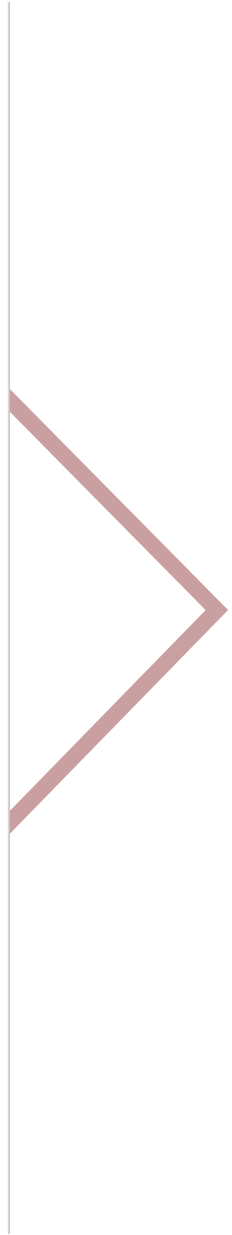
Ideal

Week



IDEAL WEEK

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							
12 am							

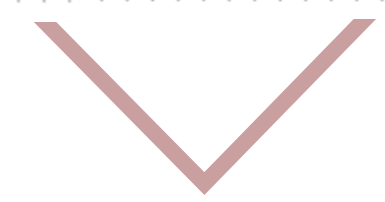
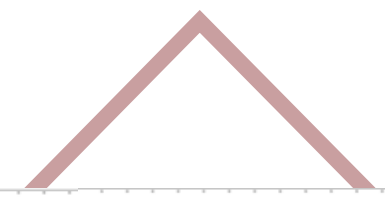
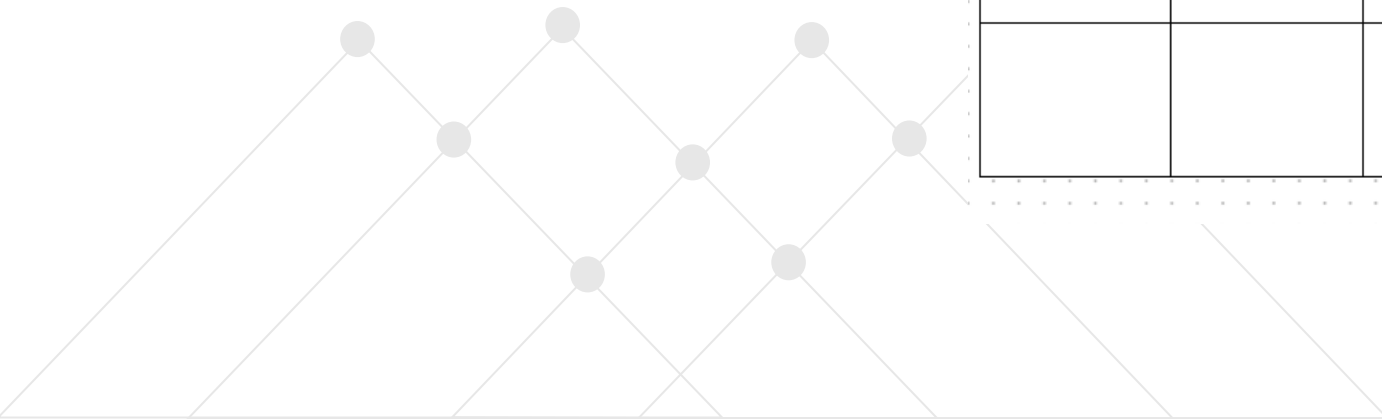


Monthly *Calendar*

Monthly Calendar

Month: _____

MON	TUE	WED	THU	FRI	SAT	SUN	To-Do

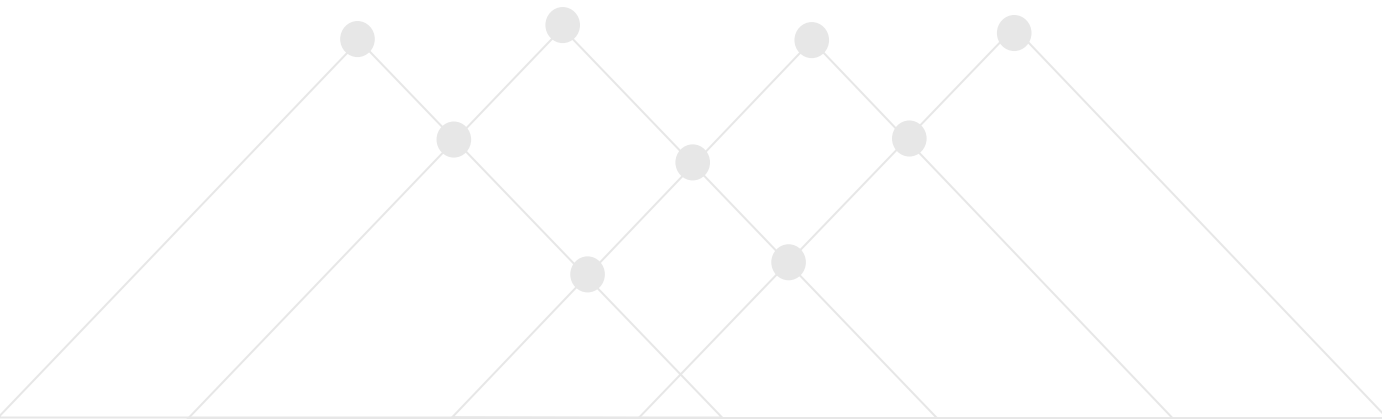


Monthly *Spread*



Monthly Spread

Month: _____



Daily Spread

MONDAY / /

Gratitude(s)

Win:

Challenge:

Lesson:

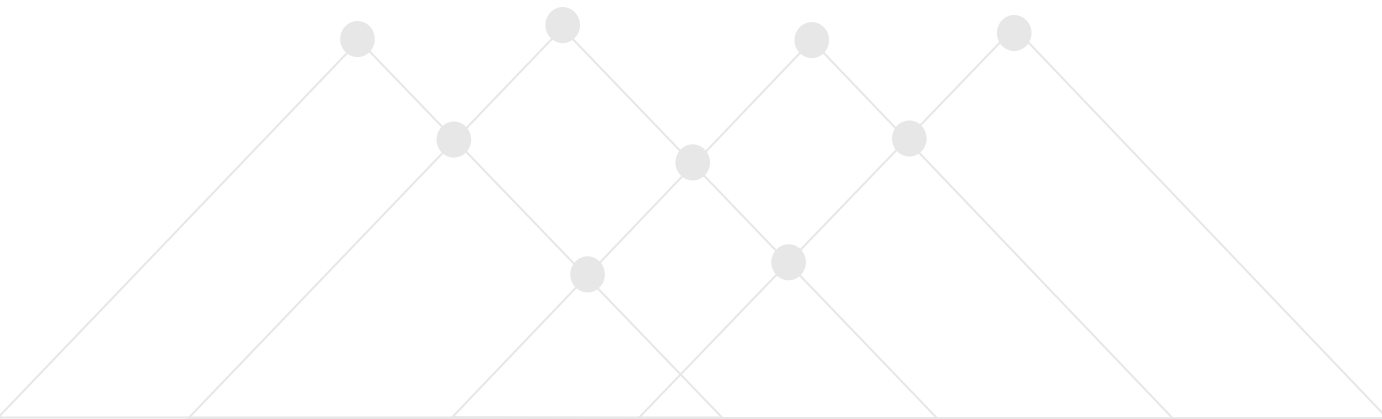
Enjoy:

Non-Negotiables

Schedule

21

The form is a grid-based template for a daily spread. It features a header section with a date field (MONDAY / /), a Gratitude(s) section, and four reflection prompts: Win, Challenge, Lesson, and Enjoy. Below these are two input boxes labeled Non-Negotiables and Schedule. The main body of the form is a large grid of dots. The page number 21 is located in the bottom right corner.



Weekly *Review*

Weekly Review

Week Of: _____

Biggest Wins: 3-5 major accomplishments

What Worked:

What Didn't Work and Why:

What Did I Learn:

Inspiration:

Improve on Next Week:

How did I feel:

Weekly *Preview*

Weekly Preview

Week Of: _____

List Important Goals, Events, Deadlines and Tasks for the Upcoming Week

3 Objectives That Will Get You Closer to What You Want

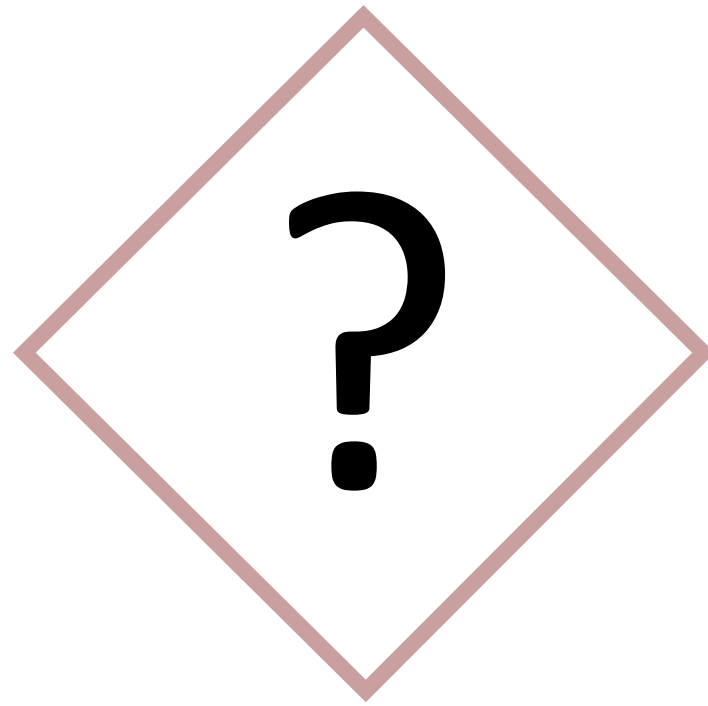
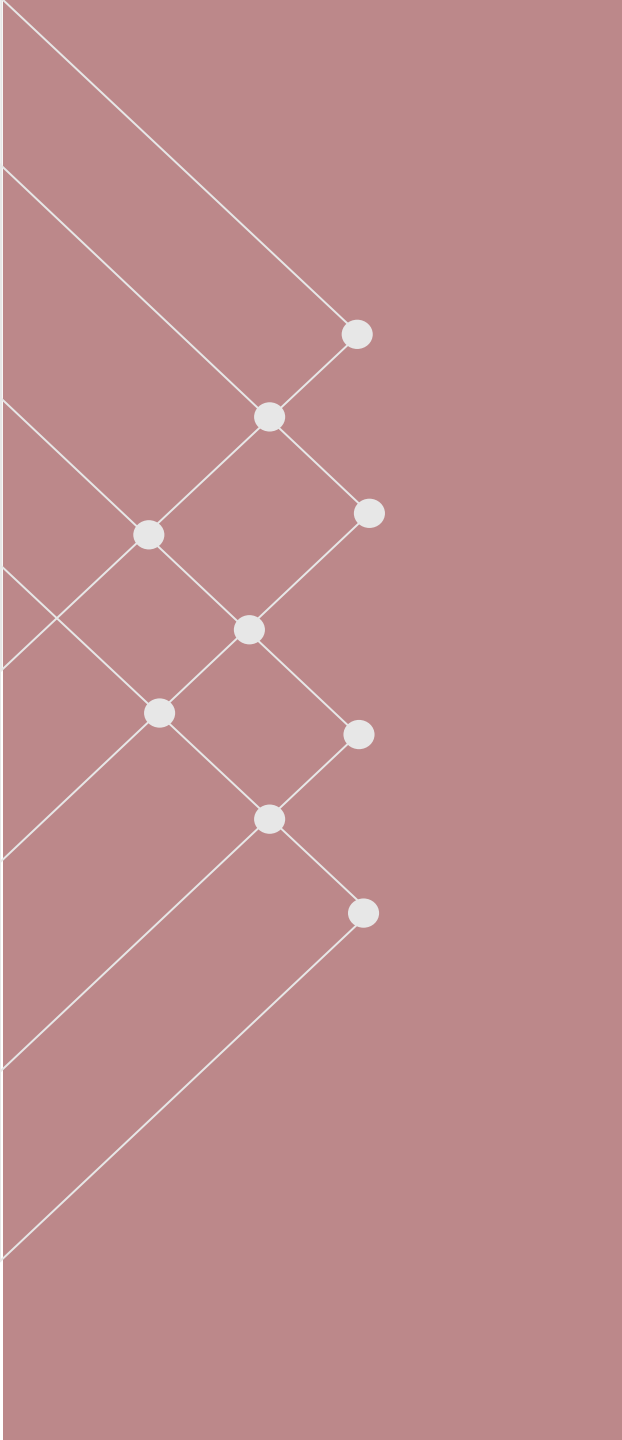
Personal Tasks:

Professional Tasks:

WEEKLY LAYOUT

List any important appointments and deadlines

MON	TUE	WED
THU	FRI	SAT/SUN



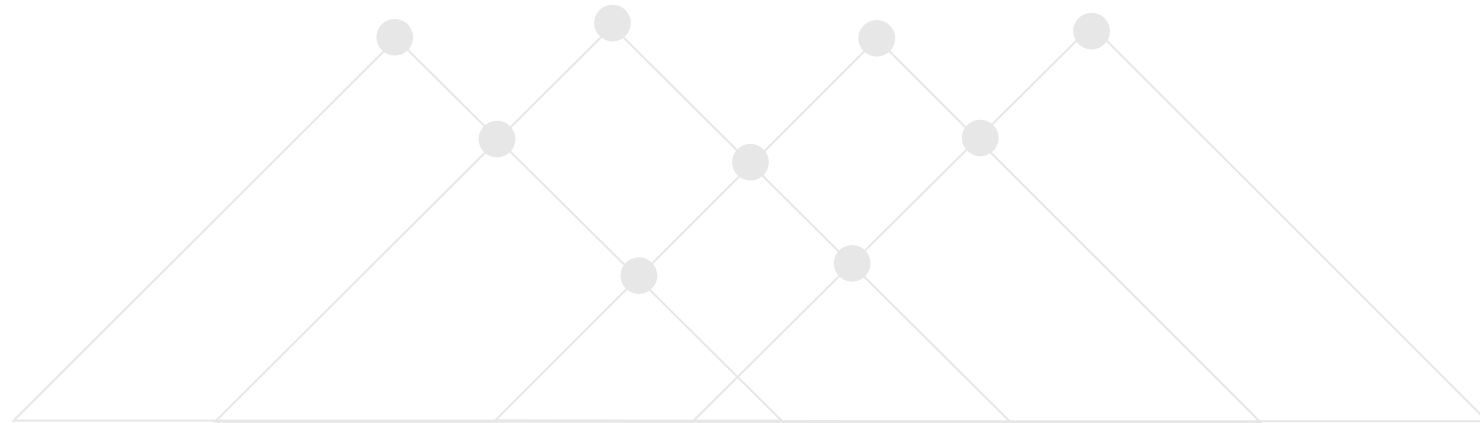
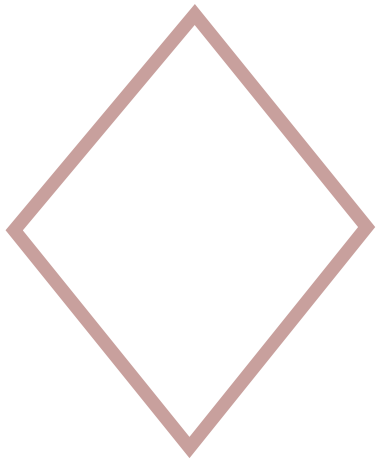
Questions?

FREE

Resources

StrongFemaleBoss.Com/WELD

- 1. Copy of This Presentation Deck >>>**
- 2. Link to 22 Day FEEL GOOD CHALLENGE>>>**
- 3. Chance to Win a ****FREE**** 90 Day BuJo Planner>>>**





THANK YOU

