

The background is a gradient of purple and blue, transitioning from a darker purple at the top to a lighter blue at the bottom. Overlaid on this are several faint, white circular patterns, some of which are concentric circles and others are arcs with arrows indicating a clockwise direction. In the center, there are two dark silhouettes: a man on the right and a woman on the left, both facing each other as if in conversation. The woman's silhouette has a circular shape on her head, possibly representing a headpiece or a camera lens. The overall aesthetic is futuristic and tech-oriented.

BEING A SUPERHERO

HOW TO MANAGE THE HOMEFRONT & THE
BUSINESS FRONT WITHOUT GETTING BURNED OUT



IS BALANCE EVEN POSSIBLE?

WHO AM I?

- Life & Business Coach
- Reiki Master & Teacher
- Maker, Designer, Artist
- Social Media Content Creator
- Wife, Stepmom, Dogmom

*Renee
Sommer*

SIMPLICITY & MEANING

A black silhouette of a balance scale is centered on a background that transitions from dark purple at the top to a deep blue at the bottom. The scale's beam is tilted, with the right pan hanging lower than the left. In the background, there are faint, light-colored technical drawings: a circular gauge with a scale from 0 to 210 on the right, and several concentric circles with arrows indicating rotation or movement in the bottom left and bottom right corners. The text "IS BALANCE EVEN POSSIBLE?" is written in a white, sans-serif font across the middle of the image, partially overlapping the scale's beam and the background.

IS BALANCE EVEN POSSIBLE?



YES. BUT NOT THE WAY MOST
PEOPLE THINK.

BALANCE THE WAY MOST PEOPLE SEE IT:



Everything gets equal attention



You do it all/have it all/can be it all



You're flawlessly and effortlessly excelling at everything

BALANCE IN REALITY:



Everything getting
appropriate attention



Your focus is on what is
important and meaningful
to you



You have adequate
time/energy/resources to
handle challenges



TAKING OFF THE MASK

Let's get honest about where we are.

SIGNS OF BURNOUT

- Chronic fatigue
- Insomnia
- Forgetfulness/impaired concentration and attention.
- Physical symptoms (chest pain, heart palpitations, shortness of breath, gastrointestinal pain, dizziness, fainting, and/or headaches)
- Increased illness
- Loss of appetite
- Anxiety/Depression/Anger/Irritability
- Loss of enjoyment
- Pessimism
- Isolation
- Detachment
- Feelings of apathy and hopelessness.
- Lack of productivity and poor performance



WHAT CAUSES BURNOUT?

NOT Long Hours

- Misalignment between values/work/life
- Thoughtless action and busyness
- Unrealistic Expectations



DO YOU FEEL OFF BALANCE?

It may not be as bad as you think.

RAISE YOUR HAND IF...

- Your evaluation was WORSE than you expected
- Your evaluation was BETTER than you expected
- Your evaluation was about what you thought it would be



WHAT DO WE DO ABOUT IT?

REMEMBER WHAT BALANCE IS:



Everything getting
appropriate attention



Your focus is on what is
important and meaningful
to you



You have adequate
time/energy/resources to
handle challenges

The background is a dark blue gradient with various white and light blue icons. At the top left is a handshake icon. To its right is a stack of four books. Below the handshake is a group of five stylized human figures. To the left of the group is a person running. At the bottom center is a globe. At the bottom right is an apple. Faint circular patterns and lines are also visible in the background.

GET CLEAR ON YOUR VALUES

HOW DO VALUES HELP?

- One of the things that makes us feel off balance – lack of alignment
- Helps identify what's important
- Which helps us know when to say YES and when to say NO

BABY STEPS

- What's most important or in a critical state?
- Identify 1-3 steps you can take TODAY or within a WEEK
- Keep building momentum from there

TIPS FOR BALANCING WORK LIFE

Believe it or not, it is possible.

The background is a deep blue gradient with various geometric elements. On the right side, there are several concentric circles and arcs, some with tick marks and numbers (like 100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210) indicating degrees. There are also dashed lines and arrows suggesting movement or rotation. A large, dark blue, rounded rectangular shape is positioned behind the text, and a smaller, solid dark blue circle is located below it. The overall aesthetic is modern and technical.

1. SEPARATE WHO
YOU ARE FROM
WHAT YOU DO.

YOU ARE NOT YOUR BUSINESS

- Your worth is NOT determined by how much money you make
- A mistake or a failure does NOT define you as a person
- Your business could go under and you would still be a worthwhile human

HERE ARE SOME MORE TRUTHS:

- Success isn't just determined by how hard you work but by how well you delegate
- You could be doing LESS and getting MORE done
- Excuses are proof you're too wrapped up in it

SO, HOW DO YOU DO THIS?

- Spend some time getting to know you outside of your title
- Find reasons you're worthy or good enough that don't have anything to do with work
- Give back in some way – prove to yourself the world is bigger than work

The background is a dark blue gradient with various geometric and circular patterns. On the right side, there are several concentric circles and arcs, some with tick marks and numbers (e.g., 100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210). There are also dashed lines and arrows indicating movement or flow. A large, dark blue, rounded rectangular shape is positioned on the left side, partially overlapping the text. A smaller, solid dark blue circle is located below the text. The overall aesthetic is technical and modern.

2.WORK SMARTER AND KINDER

IF YOU ARE MISERABLE — SO IS EVERYONE ELSE

- Ask for solutions/ideas/etc. and then BE OPEN TO THEM
- Give people the opportunity to prove they can take on more responsibility
- Give grace and learn from things WITH your employees
- Remember your employees and the work environment ARE a reflection of you

MAXIMIZE YOUR TIME

- Batch your work
- Set limits for certain activities – disconnect as often as you can
- Focus on leading and visionary activities
 - Business building activities
 - Developing people
 - Creating a positive environment

A large, black silhouette of a house with a chimney, centered in the background. The house has a simple, geometric design with a gabled roof and three rectangular windows. The background is a dark blue gradient with faint, circular, dotted patterns and a small, stylized house icon in the top left corner.

TIPS FOR BALANCING HOME LIFE

This may be more important than you realize.



1. FOCUS ON YOUR VALUES



IF IT DOESN'T MATTER – IT DOESN'T MATTER

- Get good at saying NO to anything that doesn't fit within your values
 - No more “I don't have time...”
- Stop apologizing for putting what's important first



2. COMMUNICATE

NO ONE IS A MIND READER

- Ask for help when you need it and be clear about what that entails
- Ask others for what they need and how you can help
- Focus on what you CAN do – find solutions



TIPS FOR BALANCING YOUR INNER SELF

This is arguably the most important.



1. YOU ARE PRIORITY #1



SELF-CARE TRUTHS:

- If you're not here what does any of this matter?
- If you're not taking care of you, who will?
- You're not giving 100% until you're 100%

WHAT IS SELF CARE?

- Taking care of your physical health
- Honoring your own dreams, desires, and needs
- Feeding your spiritual, physical, mental, and emotional needs
- Living a life that resonates
- Giving yourself grace and being kind to yourself



2. TIPS FOR SELF-CARE



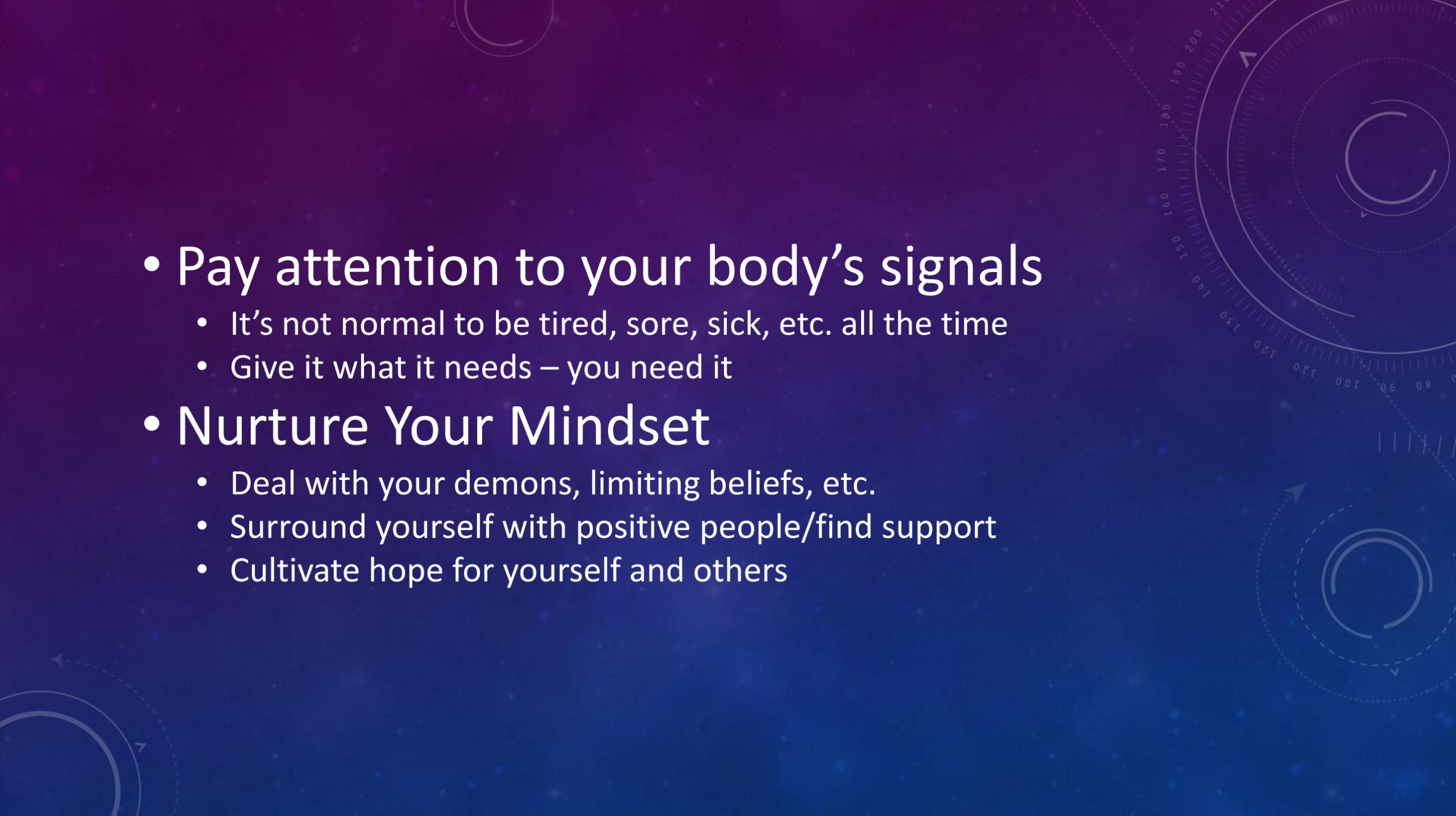


- Do something EVERY DAY that's just for you

- Go for a walk
- Read a book
- Make a special coffee or smoothie
- Sit down for lunch
- Use a favorite product or splurge on the comfortable shoes

- Feed your inner needs

- Pray, spend time in nature, meditate, listen to uplifting tunes
- Find an outlet for your emotions/frustrations/etc.
- Make time for quiet and stillness
- Do something that challenges your brain in a positive way



- Pay attention to your body's signals

- It's not normal to be tired, sore, sick, etc. all the time
- Give it what it needs – you need it

- Nurture Your Mindset

- Deal with your demons, limiting beliefs, etc.
- Surround yourself with positive people/find support
- Cultivate hope for yourself and others

The image features a dark blue to purple gradient background. In the center, there are black silhouettes of two people facing each other, appearing to be in a conversation. The person on the left has spiky hair, while the person on the right has short hair. Overlaid on the background are several technical or scientific elements: a large circular scale with degree markings (0, 90, 180, 270) and arrows is visible in the upper right; another similar scale is partially visible in the lower right; and various dashed and solid lines, along with small circular motifs, are scattered across the scene, suggesting a theme of exploration, science, or technology.

QUESTIONS?