



HELPING BUSY
WOMEN HANDLE
ALL THEIR
RESPONSIBILITIES
CALMLY AND
CONFIDENTLY
WITH PERSONALIZED
STRATEGIES AND
SUPPORT

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Journey to Calm & Confident

Going from chaotic and overwhelmed to calm and confident while facing each day and all you need to do in it

Too much to do? Are you overwhelmed? Busy women need many resources to handle responsibilities calmly and confidently. These are stories of women who have used personal coaching for their benefit.



*Where are you now, and
where do you want to go?*

The women in the following stories took advantage of personal coaching resources to make changes in their lives that greatly decreased their stress and increased their ability to handle all they needed to do.

Courtney is a wife and mother of seven who also homeschools her children and manages the accounts for her husband's business. She has a lot of plates spinning! With all of that going on, she is eager to learn what she can to help her manage her responsibilities well instead of being crushed by them.

"I have known Kim for years and always go to her for productivity/organization advice. She has been working with me on time management and systems to put into place to help me make the most of my time."

When we first started working together, Courtney's focus was on managing her time so that she could fit her priorities into her days. Important things were always being crowded out, and she wanted to get control back. She felt like she spent each day putting out fires and reacting to one crisis after another, instead of working toward what she knew was truly important.

After clearly defining what her priorities were, she determined that the biggest change she could make that would matter the most would be to start getting up earlier in the morning. This would allow her to

prepare her heart, mind, and household before rushing into the business of a full day and lots of people demanding her attention.

Since Courtney is not a morning person *at all*, this was a big goal! But **big does not mean impossible**. We developed an action plan with encouragement and support along the way.

She worked that plan with passion. There were setbacks along the way, but she made it to a new habit of rising early and preparing for her day.

"...I now have an organized pocketbook, clearly defined goals and priorities, and a drive to be more intentional. I have learned so much."

Success with the morning goal led to further progress in other areas. Other goals have been set over the years, and progress has been made in household management. She has developed personal and family routines to support calm, productive days. The results are real.



What do you do when facing a huge project? You feel overwhelmed and don't know where to start or how to tackle it. Ask for help!

Michelle and her husband had just bought their first house. All the boxes were moved in and stacked in every room. The kitchen and den had been unpacked, so they had a place to eat and relax, but everything else was waiting on her to settle. There was some redecorating to do, as well as unpacking, and the whole thing just seemed like too much – especially on top of a demanding, full-time job.

To break the feeling of failure, Michelle called for a coaching session. She knew she could do it, but she just needed a little help getting started.

We sat down and reviewed the project as a whole. After listing what needed to be done, we talked through some basic principles of setting up a home before drafting an action plan that was specific to her home and schedule.

By the time we were done with her plan, the relief was already showing in her face and body language. Having the next step defined, and knowing the steps after that one, helped get the work back on track.

Over the next few weeks, Michelle plowed through several rooms. She not only got boxes unpacked, but she made the spaces beautiful and welcoming. She could now confidently welcome friends and family into her home, knowing that it was a pleasure to share.

"I can feel relaxed when I enter my home now instead of staring at blank walls and piles of unpacked boxes."

Angie is another busy woman. She and her husband have 6 children with multiple recreational activities. In addition, she administers a non-traditional school they started in their local area. It's a lot to juggle.

Many days, with all the traffic around the house and the trips to and from practices, life could seem a bit scattered. When was quiet time possible? How can the house stay clean when there's no time at home to sweep? "What are we eating for dinner?"

When we met, Angie worked out specific targets she wanted to meet. These included time for Bible study and a system that would keep the house clean. Next we worked out an action plan that would fit her life and get her where she wanted to be. Over time she worked into a schedule and system of housecleaning that worked for their family and gave her peace of mind. As children grew and baby needs changed, her plan adjusted, but she kept her eyes on the goal and knew she could still make it happen. The struggle was real, but so were the results.

Later on, her attention turned to her calendar and the way she managed her day. With so many teams and commitments, the entries piled up, and it was crucial to

"What doesn't
get scheduled
doesn't get done."

Michael Hyatt

keep track of it all. After reviewing key calendar principles, Angie was able to use her calendar app to cover her appointments and her to-do list – as well as the schedules for the entire family. This gave her control of her time and allowed her to keep track of the day without things falling through the cracks.



Would you like to make the journey from overwhelmed to confident?
Shall we trade anxious chaos for calm?



1. Schedule a 10-minute call or video chat.

We will talk about your life and current needs.



2. Get a personalized plan for your life and goals.

After we have finished talking, you will have the option to continue with a coaching plan that fits you.



3. Implement the plan together.

You will have support as you move toward a routine that works and enables you to handle your responsibilities calmly & confidently.

Let's talk about empowering you to do all that you need to do. You can live calmly and confidently, with time to give the best of yourself to your family, and leave day after day of feeling overwhelmed behind you.

Go to www.lookingwell.info/personal-coaching/ for an online request form, or email lookingwellcoach@outlook.com with a request for your free 10-minute call.

Helping busy women handle all their responsibilities calmly and confidently with personalized strategies and support

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