Why Not?
By: Bethany Williams

Re-Organize, Re-Prioritize & Outsource Your LIFE

Why Not?
Arial Views of Nepal

Video LINK >
FROM FLINT MICHIGAN POVERTY AREA

WE SEE OUR LIMITS
WE SEE OUR LIMITS

SEVERE SCOLIOSIS
EXPERIENCED LOSS
- DEATH OF 2 HUSBANDS
YOU CAN GET TO THE BOARDROOM TABLE
If that's where you want to be!
Are You Living the life you want to live?
Reprioritizing your life

1. Drop the mental weight
2. Getting UNSTUCK
3. Making a plan
4. Reprioritizing your life
5. Problem Solution IDEAS
DROP the Mental Weight
Paralyzing Systems

I'll lose it. I can't do it all. I'll lose my job. It's not possible. I don't have time, money, or resources. My spouse, boyfriend, girlfriend won't like me.
What’s Holding You Back

• Fear
  – Failure
  – Fear of the unknown

• No time to even think about it
  – You are stuck in ‘just get the basics done’
  – GET out of the first level of Manslow’s Hierarchy
    MOVE UP THE SCALE!!

• You’ve given up
• You don’t believe it can be any better
• Past failures have soured you
Why do we get STUCK
LIFE pulls YOU towards its PLAN if you don’t have a plan

• Where are you being PULLED?

• How do you LIVE in the MOMENT?

• Why don’t we make a PLAN?
3 Making a plan
Create Focus to Find Satisfaction

Regardless of priority, each one should have attention in your life. Revisit these annually to see how you are doing and reset your focus.

Prioritize

1.
2.
3.
4.
5.
6.
Re-prioriting your life
1. Re-prioritize your list
2. PLAN for PLANNING time
3. LIST 1 THING you’ve ALWAYS wanted to do
4. Make FUN & Celebrations a Priority
Make FUN a Priority
Problem solution ideas
1. GetFriday.com
2. Hire HELP
3. Out of the BOX ideas
Write down 10 ideas that you could use to creatively solve something in your life (or just make your life easier) OR that ADDS the FUN & Celebration quotient.

- Play dates with MOM/kid- ALL DAY
- Dream visualization with spouse/kids
- Date nights (where do you want to go?), Overnights
- Girls weekend
- Other? Vacations? Trips to visit relatives?
- Hire domestic help
- College Interns
- Share responsibilities with other single moms
NOW Schedule Some Things
You got this
Questions???

OK - DON’T be shy,

THIS IS THE BEST PART

Let’s ROLE PLAY & PROBLEM SOLVE YOUR DILEMMA

Give Me a Scenario

--- Let’s talk through it
Go make it happen
Contact Information

40,000 PEOPLE LOG ONTO HER WEBSITE EVERY MONTH

5 COUNTRIES THAT SELL HER BOOKS

2008 FIRST BOOK LAUNCHED

Host of 3DaystoARaise

EXPERIENCE RESULTS.

Call Bethany
469-534-2350

email Bethany
Bethany.Williams@sutherlandglobal.com

LinkedIn
http://www.linkedin.com/in/bethanywilliams/

Facebook
Bethany@BethanyWilliams.org

Twitter
@BethanyaWill
@BethanyHealthIT
Sources

- Interviews and footage from @TheWooditchNetwork
Lifestyle Design ‘Real Talk’ from the Himalayas

https://thewooditchnetwork.com/finance/lifestyle-design-real-talk-from-the-himalayas/?list