

WORK WELL. PLAY MORE!®

Simple steps to productive, clutter-free, and healthy living one step at a time.

Productivity, Decluttering, Health Behaviors

Have you tried changing your behavior, only to revert back to the status quo within weeks or even days?
Do you want to create new habits at work and home but don't know how to make them stick?

EXPERIENCE BEHAVIOR CHANGE ON YOUR OWN TERMS.

- ✓ Create **achievable and sustainable** health habits
- ✓ **Declutter** your physical and digital environment
- ✓ Increase **productivity** and decrease **decision fatigue**

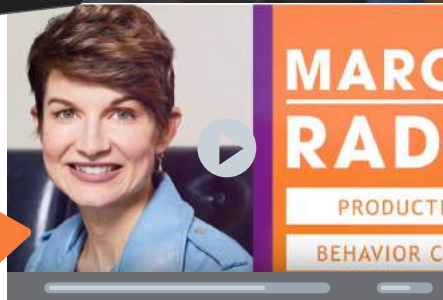
This program is perfect for people who:

- Have the desire to change but aren't sure how.
- Want to live a healthier life on their own terms.



READ MORE

Play Me



Your workshop was fantastic, insightful, engaging and actionable! In fact, it blew me away. The simple analogies made powerful and actionable points.

- **Geoff Ables** Managing Partner, C5 Insight

