

# WORK WELL PLAY MORE!

## PRODUCTIVE, CLUTTER-FREE, HEALTHY LIVING ONE STEP AT A TIME.

*Have you tried changing your behavior and reverting to the status quo within weeks or even days?*

*Do you want to create new habits but don't know how to make them stick?*

Based on the book, **Work Well. Play More! Productive, Clutter-Free, Healthy Living - One Step at a Time**, to help you implement sustainable behavior change on your terms, in novice, pro, and master levels.



READ 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

### LEARN HOW TO:

- ✓ Implement **healthy routines** that aren't complicated
- ✓ Organize your **physical and digital environment**
- ✓ **Create boundaries** to streamline your work and increase productivity

### THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Have the desire to change but aren't sure how.
- Want to live a healthier life without feeling overwhelmed
- Feel there are so many changes to make they don't know where to start

PLAY ME

