

My Vision of Fulfillment

Attaining a fulfilling life balance which involves supporting my family, strengthening my community (through projects important to me) and enjoying the fruits that life has to offer.

My Top 6 Focus Areas Right Now

Always take greater accountability, particularly during tough situations

Always see things through to the end, learning more from mistakes I make along the way

Reduce worry, fear and anxiety in my life to become free to live a more fulfilling life

Put greatest emphasis on those parts of my life that enable me to attain more balance (job, family, outside activities, relaxing)

Reduce frustration when I confront difficult situations, thinking through solutions to increase my resilience to overcome

Enjoy fun times with kids and friends to the max (they strengthen me) without feeling guilt that I should be doing something else