

Living your life well

Healthy to 100

Reducing worry

Importance of a written plan that helps live life well and without financial worry. Its track to run on.

I don't know about you, but I need a coach to keep me on track

Whether its my trainer or a health coach or a business coach – I stay on track better if I have a coach.

I just got back from a couple of very relaxed weeks in Florida. Living by the water with nothing more important to decide than where to eat, what activity to do and what game to play with my travel companions. And then I got back to work on Monday and realized that I needed to re-up my ability to live in a higher level of stress.

Having a written plan is a lot like having a things to do list – but on a larger scale.

Tax stress