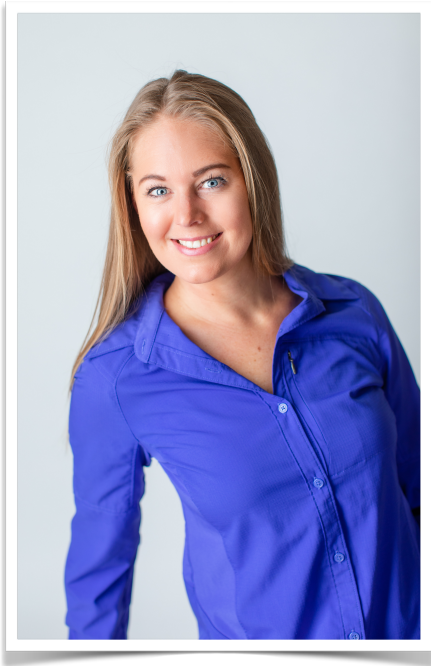


# LIFE with Elizabeth Rose



## Living Intentionally in Freedom & Excellence

**A well balanced life is the byproduct of 5 core elements**

Have you ever felt like one day the pendulum of your *emotions* is flying high, you're enthusiastic, optimistic, conquering the world, and the next day you're hitting rock bottom?

How about your *relationships* ... One week you get together with friends, something happens, maybe a disagreement, and the next week you feel like "no one cares, no one loves me, I feel so alone."

How is your *physical health* ... Do you wake up with a pep in your step, lots of energy, pain free, ready to sprint through a productive day? Or do you wake up in a daze and the first half of the day you're sipping on coffee, saying your lucky prayers, and hoping that your brain finally turns on and you can remember the mental To-Do-List you wrote the night before.

*Finances* ... Do you have savings, investments, assets, a steady stream of income, time freedom, vacation time? Or do the last few days of the month feel a little "crunchy" and you say no to dinner with friends because your bank account may alert you of insufficient funds?

*Spiritual Health* ... Is your spiritual bank account dry, or overflowing with joy and hope? Do you have peace? Do you know your identity? Do you find your identity in the things you possess, the people you know, how many likes and comments you get on social media posts? Or does your identity come from a higher power, from the God of the universe, the Creator of all that we know.

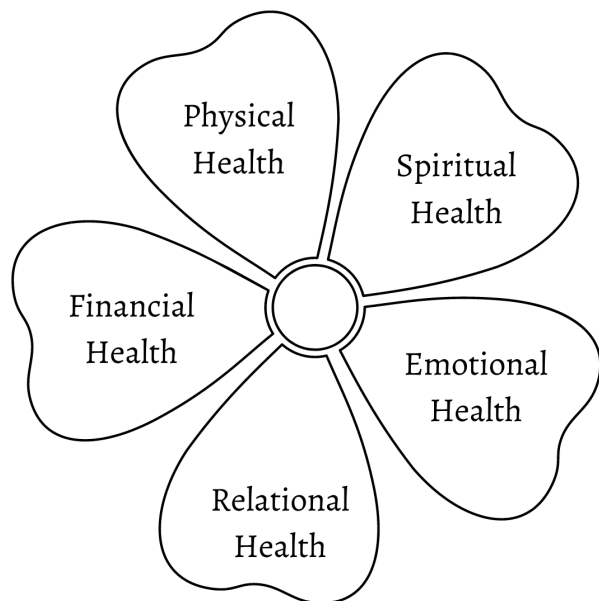
Throughout life you are going to have ups and downs. The question is, do you have the skills to recognize when you are up and when you are down, and then how to bring each element back into balance?

# LIFE = Living Intentionally in Freedom & Excellence

If you're anything like me, you want to get the most out of life. You want to have a nice vehicle to drive, a roof over your head, good clothes and accessories, friends you can count on and ones that will support you through thick and thin, finances to go on vacation, time to adventure, energy, and a passion for life.

I believe all of these things are possible as long as you wake up each morning and choose to live LIFE!

## 5 core elements for a well balanced LIFE



**Physical Health** - Without it life isn't worth much

**Spiritual Health** - Knowing your purpose on earth gives you the inner knowing that you were created to do more than just exist. You were created to THRIVE!

**Emotional Health** - Stable emotions ground your thoughts, motivation & drive for life

**Relational Health** - You become like the 5 people you spend the most time with. Surround yourself with mentors & those who are on a similar life journey.

**Financial Health** - It's one thing to *make money* while being a slave to a J.O.B. that locks you in to a specific pay grade and lifestyle. It's another thing to *make money work for you* in such a way that it gives you the financial freedom & time freedom to do the things you are passionate about.

So now that you know what the 5 core elements are, let's dive in a bit more and see how they can tangibly help your life right now today! Don't put it off and think "Oh, I will start next week." NO!!! Your time is NOW!!! Now is the time to fully live in such a way that leaves a legacy. Tell me this ...

## What do you want to be remembered for 100 years from today?

Have you ever thought of that? 100 years from now your name may be chiseled on a statue in the town center. You can make breakthrough discoveries in science, healthcare, math, even create a new genre of music, and be mentioned in history books. You can be a really good friend and the best parent your children could ever dream of. You can create a community and meaningful connections in your neighborhood.

Or you can sit on your couch binge watching your favorite TV show and Tweet to all your friends about your favorite actors, while eating potato chips, and slowly gaining weight that never comes off because you're too lazy to walk around the block a few times at night.

Which would you prefer? Be honest with yourself! And make the decision right now TODAY to be remembered for something.

## Cruise Ship or Nursing Home

When you are 60 years old, would you rather be on a cruise ship sailing to some exotic island, or stuck in a nursing home with multiple disorders, in pain, grumpy, and with but a few friends who rarely ever come to visit?

Depending on the balance or imbalance you create in your LIFE today, you will create one of two lifestyles for your older self. It is up to you to make healthy choices on a daily basis.

I'm here to talk with you along this journey of becoming your best self!

Every successful person has mentors. John Maxwell, author and leadership mentor, has 5 mentors that he talks with for one hour every single week! Does that sound a little excessive? If you look at his life and the things he has mastered,

## Let's do a little comparison

In order to achieve your current and future LIFE goals, it is important to take a close look at what balance really looks like. Analyze these areas of your current lifestyle to discover your true balance levels.

	In Balance	Out of Balance
Physical Health	energetic, fit, toned muscles, good digestion & nutrient absorption, consuming foods for your body type	tired, sluggish, no regular exercise, overweight, poor digestion, unbalanced diet, disease & sickness
Spiritual Health	have a system of beliefs that govern your actions from a moral and ethical code, know your Creator and have a personal relationship with Jesus Christ through prayer and reading the Bible	not knowing your identity or your purpose on earth, practicing a religion instead of having a personal relationship with Jesus Christ, idolizing money or fame, lack of fulfillment
Emotional Health	Stable mood, healthy outlook on life, optimistic, hopeful, joyful,	Mood swings, highs and lows, sadness, hopelessness, excessive anger, not engaging with others
Relational Health	Good relationships with family & friends, a support system of people who want to see you succeed, time to do fun things with those you love	friends who don't value who you are, quarrels & misunderstandings & unmet expectations that put a wall between you and loved ones
Financial Health	enjoying the work you do, getting paid for your level of expertise, living within a budget, no debt	working a job that's not fulfilling or too many hours, in debt, living in lack and financial stress

how many individuals he has influenced around the world and the sheer number of books he has written, his success is in part due to the fact that he chose to have people around him who are smarter and more educated in the areas he desired to grow in.

Teri Secrest, Royal Crown Diamond with Young Living Essential Oils, hired a professional organizer to come in and clean her office and file papers once a week. This kept her sanity while growing a 6 figure health coaching business and taking care of 3 young children.

Darrin Hardy says "You can do ANYTHING once you stop trying to do EVERYTHING." Darren's advice is to earn an income that will support you hiring out the tasks that you are not good at or simply don't want to do. Then you can focus your time and skills on things that you thrive doing and the things that you actually enjoy.

# It's Time To Live Your Best LIFE Now!

And that means ... it's time to **TAKE ACTION!**

No more sitting around. No more day dreaming without real action. No more talking about what you're going to do but not actually doing it.

The definition of insanity is ...

“Doing something repeatedly and expecting a different outcome.”

So if you're really serious about living your best LIFE now, then here are a few things I highly encourage you to do, starting today.

**Physical Health** - get some form of exercise for a minimum of 30 minutes a day. That can be walking around the block and doing body weight exercises at your house such as squats, lunges, push ups, free weights, TRX bands or workout bands.

**Spiritual Health** - pray, meditate, and read the bible. Get together with like-minded influencers. Discuss current issues going on in the world and how to navigate them from a biblical worldview.

**Emotional Health** - Wake up first thing in the morning and write a mental list of all the things you are grateful for. Forgive anyone who has hurt you. Let go of anger and frustration and embrace peace and joy and love.

**Relational Health** - Make a list of the 5 people you really enjoy spending time with, call them on the phone, tell them how much they mean to you, and plan a get together. If you need some new friends, go out and meet new people, choose the ones you really click with, and tell them you'd like to be intentional about being their friend. Create joyful memories with your immediate family.

**Financial Health** - Too many people work a job in order to get paid well enough so that they can spend it on vacation away from work. If you are someone who works a job you really enjoy and feel fulfilled doing then you have made some really good decisions along the way and are very blessed!

Assess your job situation, finances, savings, debt, credit score, stress levels, influence and impact you have on those you work with. Do you enjoy the work you do? Do you work a good number of hours a week? If you could put a price tag on the value that you give, are you currently earning that amount hourly, weekly, monthly?

You may realize that your time and skills can be well compensated for by working a non traditional job. If your desire is to work from anywhere, travel, meet new people and see new places, then you'll never be satisfied working a 9-5 desk job (I promise, because that's me, and I choose to be the CEO of my own business so that I can travel and work from anywhere).

Make a conscious choice to wake up every morning excited to go to work, excited to provide well for yourself and your family, and then do everything humanly possible throughout the day to serve your customers well. Be creative! And remember ...

**Dream BIG ... and LIVE your dreams!**

## CONTACT INFORMATION

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