



# THRIVE!

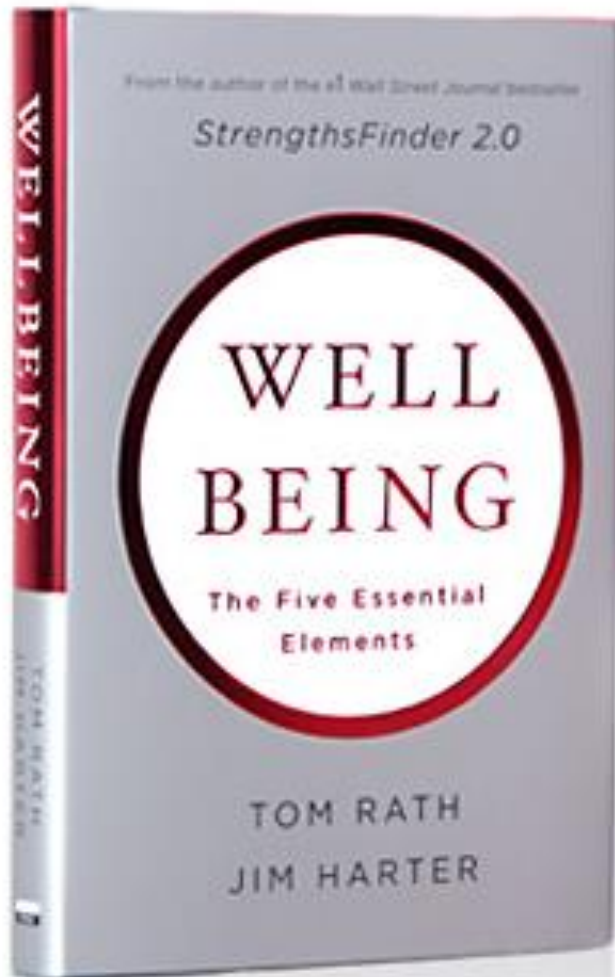
5 Keys to a Happier, More Vibrant Life



*Cat Breet*  
More Money, Freedom, & Fun!

# Let's chat!

What does it mean to have a “good life?”



WELLBEING is “the good life” ...

- Living a life worthwhile.
- Enjoying each day.
- Making the most of your life.
- Boosting the wellbeing of friends, family, colleagues and community.

Much of what we *think* will improve our wellbeing is either misguided or just plain wrong.

# Agenda

- The 5 Proven Keys to a life well-lived
- The most essential element of them all
- How to boost your wellbeing in all 5 areas

# The 5 Proven Keys to a Life Well-Lived





# The 5 Essential Elements to Wellbeing

Career

Social

Financial

Physical

Community

# The 5 Essential Elements :: DEFINED

**CAREER:** Do you like what you do each day?

**SOCIAL:** Do you have strong relationships & love in your life?

**FINANCIAL:** How well you manage your economic life? Are you in control of it?

**PHYSICAL:** Do you have the energy to do what you want?

**COMMUNITY:** Are you connected and engaged in the place where you live?



**The most  
essential  
element**



# Let's chat!

Which do YOU think is the most important?

A bad job is really bad for you!

A decorative horizontal bar in a medium blue color. It features a 3D effect where the right side of the bar is slightly offset downwards and to the right, creating a shadow and a sense of depth. The bar spans most of the width of the slide.

# CAREER Is the most important

HAPPY at work = 2X  
happier in other 4  
areas

UNHAPPY at work =  
2x depression, stress  
& heart disease!

UNHAPPY at work =  
41% higher  
healthcare costs!



**“I want my  
wife back.”**

# Let's chat!

CAREER :: Have you ever had a toxic job?

**How to  
EASILY  
boost your  
wellbeing in  
all 5 areas**







**Baby steps**

# Let's chat!

Name one small + easy step you will take to thrive this weekend.



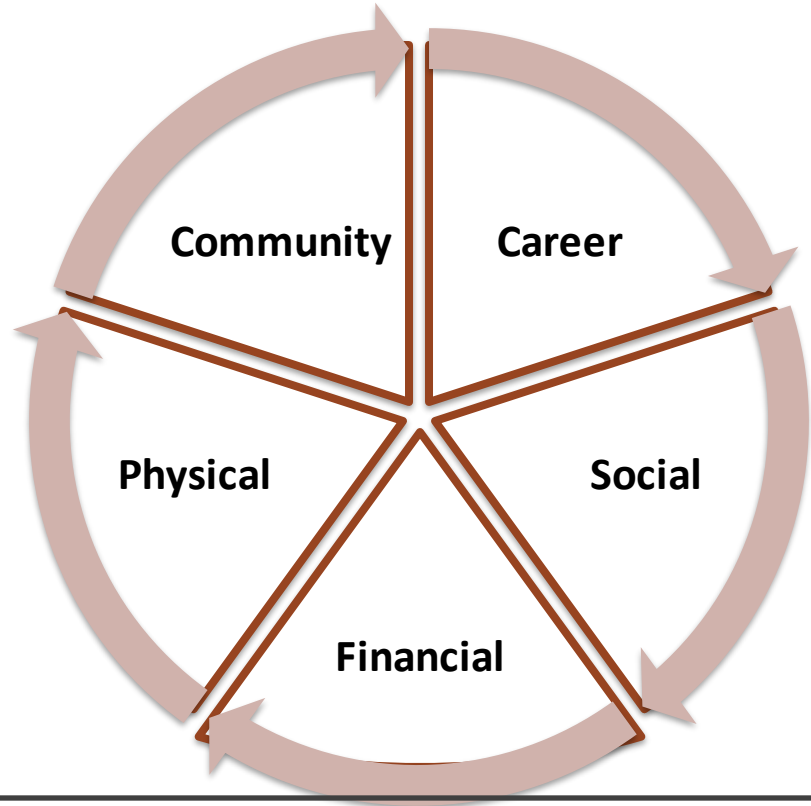
# The Work-Life Balance Wheel

---



# WORK / LIFE BALANCE WHEEL\*

How well does  
*your* wheel roll?



\*Based on Gallup's study & report on wellbeing:  
The 5 Essential Elements to a life well-lived

# Let's chat!

Which bucket is your fullest right now?





## The Priority Scorecard

---



# Priority Scorecard

**Example: Cat's Scorecard.** With two babies in diapers, a bedridden mom, a dad recovering from a massive stroke and a full-time job, I was absolutely overwhelmed. That is, until I sat down and made a list of my priorities. I ranked. I re-ranked. And then I sat down and talked to my husband about my list. Everything changed. I learned I was worrying about the wrong things, and that there was another way to keep the big things at the center of my priorities, without letting go of everything else. Even better, sharing this with my husband allowed him to see where I needed help and we figure out how to divide & conquer.

Value+Ranking (10 = most important attribute for you)	What I want. What matters most to you? Meaningful work? Pay? Culture? Short commute? No travel? Chance to grow? Chance to get promoted? Training? Benefits? Great boss? Feeling valued? Being part of a great team? BE VERY SPECIFIC ABOUT WHAT YOU WANT! DEFINE A GREAT BOSS, GREAT CULTURE, etc.	Current job: YES I have it. Carry over value from 1 <sup>st</sup> column as a POSITIVE number +10, +9, +8 etc.	Current job: NO I don't Carry over value from 1 <sup>st</sup> column as a NEGATIVE number -10, -9, -8 etc.	Potential job #1 – YES I will have <b>Start my own business</b>	Potential job #1 – NO I won't <b>Start my own business</b>	Potential job #2 - YES I will have New job offer	Potential job #2 – NO I won't New job offer
10	Flexible schedule to care for kids and parents		-10	+10			
9	Enough money to pay the bills AND save for retirement	+9		+9			
8	Short commute (no more than 30 minutes each way)		-8	+8			
7	Little to no travel for work	+7		+7			
6	Work in my career field / area of expertise		-6	+6			
5	Good boss who lets me perform when + how I want (no micromanaging)		-5	+5			
4	Culture: Good coworkers. No back biting or sabotaging. Little politics.	+4		+4			
3	Change / variety of work		-3	+3			
2	Chance to innovate / build new or better mousetrap		-2	+2			
1	Large company with room for me to get back into management	+1			-1		
<b>Subtotals</b>	Get a subtotal for each column by adding up each column.	21	-34	+54	-1		
<b>FINAL SCORE</b>	Get a final score for each job. Add up the two columns for each job.						

-13

+53

22





## The Career Happiness Chart

---



## Sample Career Happiness Chart *Meet Catherine*

It's no coincidence that my happiest jobs were also the ones where I was the most successful. I was playing to my strengths (natural talents and passion). When I was in the right job, I was happier, and performed at a much higher level. I got promoted. My favorite jobs involved teamwork, innovation, constant change and ongoing people challenges. **Guess what: My perfect job might be a nightmare for you!** That's why it's so important to plot your own career history; it will help you figure out where YOU thrive, what YOU love to do and where YOU are at your best.

### DREAM JOB!

#### It was a Perfect 10!

I loved my job! I jumped out of bed almost every morning!

### Average job

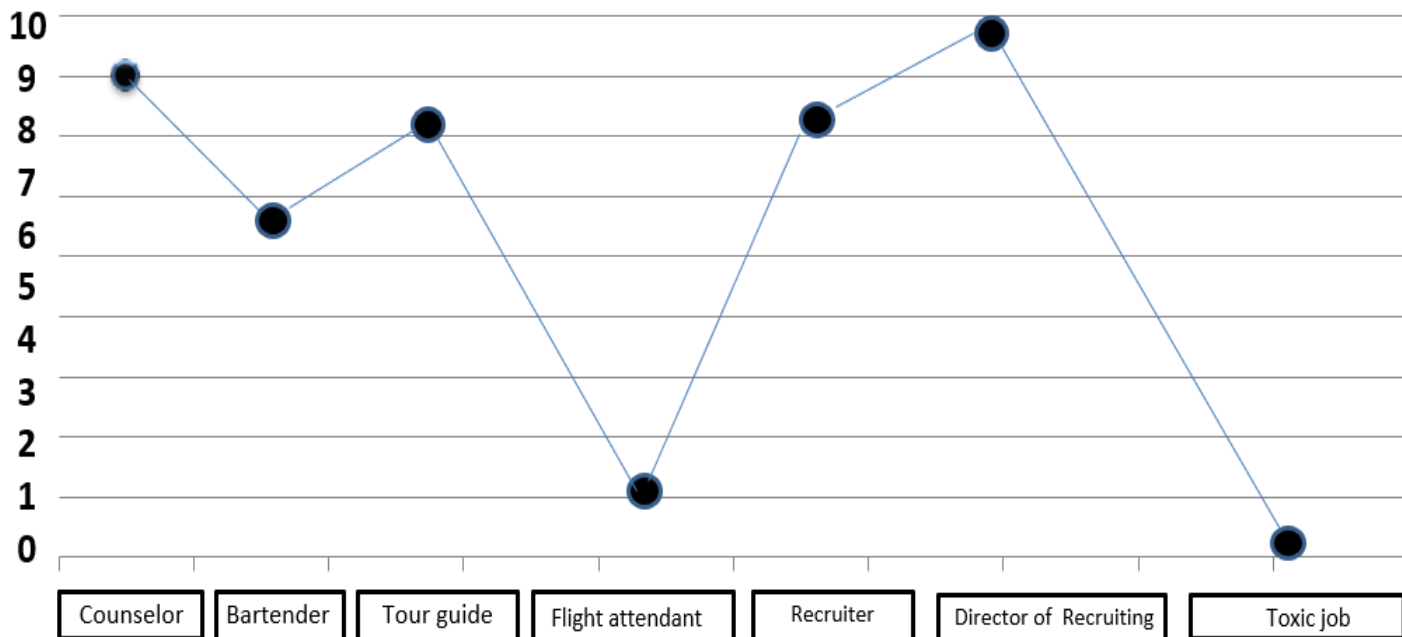
#### It was a 5

It was fine. I was successful, but I wasn't having very much fun.

### TOXIC JOB!

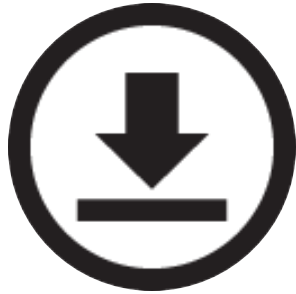
#### It was a 0!

I hated my job! Sunday nights were painful. Monday mornings were excruciating. I was so unhappy, I was making my friends and family unhappy, too.



**Help  
beyond  
today**





**GET MY  
SLIDES FROM TODAY  
+ FREE DOWNLOAD**

[www.catbreet.com/getouthennepin](http://www.catbreet.com/getouthennepin)





**LinkedIn**  
LIVE

# PLANET WORK

*A better life begins with a better career.*

**Every THURSDAY**  
**at 9am ET | 8am CT**  
**w/ Host Cat Breet & Guests**  
**from all over the world**

**179+ shows since March 2020**

**REPLAYS at [www.youtube.com/user/CatherineBreetByers](https://www.youtube.com/user/CatherineBreetByers)**



# Cat Breet

[www.catbreet.com](http://www.catbreet.com)

+ BOOK WAITLIST!

**DARE to be**  
**REMARKABLE!**

Because you already are!