

7 Principles to a Balanced & Effective Life

The Balance Tree





WELCOME

Thanks for taking the time to download the **7 Principles to a Balanced & Effective Life**.^(c) We developed these Principles to help you gain key techniques that will bring you closer to a balanced and effective life.

We are Jaye & Ricci Barros, married for over 30 years with 3 adult children and 3 grandchildren. Coming from Corporate backgrounds we now run our own online business to help others gain clarity, unlock their true potential and live their dream plan. We want this for you too!

Below are 3 of the Principles which form part of our Online Workshop "7 Principles to a Balanced & Effective Life". For more information on this Workshop and a free Video Introduction to the full 7 Principles go to www.thebalancetree.com.au

We know these Principles will help you improve your relationships and provide you with the Motivation and Clarity you need to live a life filled with success, love and happiness.

Jaye & Ricci Barros
Your Effective Life Team

7 PRINCIPLES: LIFE

1 Find Your Mojo

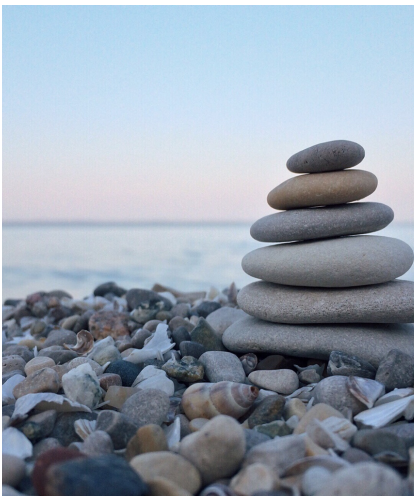


This is about getting in sync with where you need to be. If you are procrastinating, overwhelmed or confused and you would rather have motivation, control or clarity, then you must recognise the cycle you are currently in and launch yourself into a new way of thinking and doing.

Try this: Name your negative state/emotion, then acknowledge where you'd rather be. Need help? Our Workshop can then help you plot out the steps to get you where you want to be.

Get your mojo back!

3 Balance



The key to being in balance is understanding how you act and react in certain situations. Do you get caught up in the drama? Do you *create* the drama?! We often get caught in a victim role - "Life happens TO me", "I have no control".

Think about this: To create balance we need to Observe what's happening, Nurture ourself and others, and become the Motivator - self-aware, confident and focussed. We'll show you how to interrupt the Drama Cycle to create positive change in your attitude towards yourself and others.

Create balance not drama!

5 Values



What is most important to you? Is this the same thing that you spend the most time on? The most money on? Talk to all your friends and family about?

Let's do this: In the Workshop we'll help you understand what *is* most important to you and then teach you how to set your ideals and create your perfect plan for your future.

Ensure your values align with your lifestyle.

WANT MORE ?

FOLLOWING THIS WE RECOMMEND

LIFE WORKSHOP PPP COACHING

WHAT WILL YOU GAIN?

LIFE WORKSHOP

- clarity around the impact of past influences
- choice to get out of the drama cycle and create positive change
- the ability to identify, interrupt and change negative behaviours

PPP (Passion Purpose Plus 1 on 1 Coaching)

- find your passion and purpose
- positive resources to rebalance and empower
- opportunity to create new strategies to live a life filled with success, love and happiness

www.thebalancetree.com.au



TESTIMONIALS

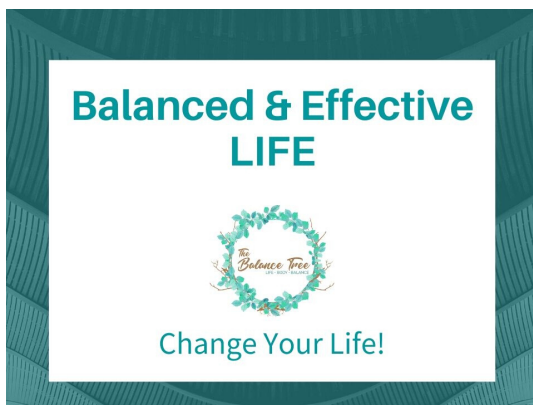


I was anxious that working through old wounds and longstanding barriers would be frightening and too confronting ... each session I came away with the feeling of burdens being lifted and a new sense of clarity.

— Helen S

I was able to release some negative beliefs and the energy attached to it. I am now able to have a more confident, equal discussion with my loved ones. I am also more confident in my own strength of character.

— Sean R



It was really good. Clear, simple, with food for thought without setting expectations ... It is Do-able! And principles that can be practiced in real life situations.

— R Mason

I did the TWO courses today. They were fab, I really enjoyed them. Holding my attention in these things is not easy, I am fast-paced and bore so easily, so the split screen of visuals and Jaye on the side was great!

— Jess N