

# STRONGER Together!



You don't have to do everything solo! When your plate is full, adjust your focus on what you enjoy doing and outsource what you can't get to.

## ✓ Evaluate Your Needs in All Five Circles

Check in with all Five Circles: spiritual, family, business, financial and personal. Determine which activities you struggle with in each and identify opportunities for support. Below are a few examples.

**Feeling Guilty?** It's okay to ask for help with the parts of your daily routine that slow you down. People want to help, especially when it's with something they're passionate about. We are stronger together!

SPIRITUAL	FAMILY	BUSINESS	FINANCE	PERSONAL
<p><b>Activities to feed your spirit.</b></p> <p><b>Example:</b> Trouble staying focused during self-guided meditation.</p>	<p><b>The most important people in your life.</b></p> <p><b>Example:</b> Difficult to be productive while working at home and taking care of the kids.</p>	<p><b>Professional pursuits.</b></p> <p><b>Example:</b> Spending hours creating and mailing real estate marketing flyers.</p>	<p><b>How you manage your money.</b></p> <p><b>Example:</b> Worried about where or when to invest.</p>	<p><b>Your mental and physical health.</b></p> <p><b>Example:</b> Want to work out, but not sure where to begin.</p>
<b>STRONGER TOGETHER</b>				
<p>Let an app or YouTube video walk you through some mindfulness practices.</p>	<p>Hire a nanny to watch your kids on the busy days. Staying focused when you're on the clock will help you to give your family your undivided attention later!</p>	<p>Let Buffini &amp; Company make your marketing materials for you with the Referral Maker® PRO marketing kit. The Client Direct option will take care of the mailing too!</p>	<p>Work with a trusted financial adviser to help you make the right moves. The same thing goes for taxes — if you dread doing your taxes, give them to an accountant in your network.</p>	<p>Identify virtual exercise classes that can guide you through your workout, or consider working with a personal trainer.</p>



**Get a Coach!** A real estate coach helps you find balance in Five Circles to set you up for success! Call to schedule a 30-minute complimentary coaching session: 1-800-945-3485 x2.



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