

are you getting the **BEST** out of **LIFE**?



Take our **QUIZ** and discover what's missing in your life. Then, do something about it!

Kim Bettie ~ Life Coach

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A Decade of Research has proven that the very areas we take for granted in life are critical success factors for making our lives better. Given the demands and pace of living today many people find some or all of these areas are out of balance and in need of attention. **What's missing in your life?**

In each of the success factors below select the color that corresponds to your performance:








Green: I am investing fully in this area and I am getting the best out of this area of life

Yellow: I am not fully investing in this area and there is room for improvement

Red: I am not investing in this area at all and there is room for improvement

Is there something missing? Take our **QUIZ**

SUCCESS FACTORS™ for a better life

-  **SPIRITUALITY** is reported as central to the lives of healthy people and the source of all other dimensions of wellness. People who rely on their faith during stressful events have an emotional, and potentially physical, advantage over those who do not.
-  **SELF-CARE** promotes healthy aging. A lifestyle of regular exercise and good nutrition prevents disease, and enhances health. Managing stress produces positive mental and greater physical health.
-  **LOVE AND MARRIAGE** is a healthy choice. A committed, harmonious relationship provides protection against physical and mental illnesses, leading to increased longevity and a greater sense of well being.
-  **WORK SATISFACTION** is the optimal state of engagement and well being that comes from the joy of a challenge, a feeling of accomplishment, and sense of value in your position. Engagement increases your energy, pleasure and dedication to your job.
-  **FINANCIAL SECURITY** is linked to less stress and more life satisfaction. Individuals who understand how to create financial security are less worried about the future. Reducing financial stress leads to reduced tension within the home and more productivity at work.
-  **FRIENDSHIP** is life enhancing. There is a strong correlation between a sense of community and well being. Those who regularly devote time to helping others show the same health benefits as those who exercise on a regular basis.
-  **FUN** produces the same optimal state of engagement and well being as work satisfaction. Life satisfaction is influenced by selecting activities that are consistent with one's personality and interests.

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overview

This fast paced world coupled with economic pressure, job uncertainty and family demands means we are experiencing more stress than ever before. When you are constantly reacting to small and large stressful situations without a strategy to combat , you can crash into burnout. Burnout can impact your health and inhibits your ability to perform optimally - reducing your productivity, energy and engagement in work and life.

Combating stress and burnout involves taking better care of one's self and experimenting with lifestyle changes. The very areas we take for granted in life are the critical success factors for making our lives better. Discover what's missing in your life and do something about it. Investing the time to explore your life in a systematic manner provides clarity and insights that lead to breakthrough thinking. While time may be a legitimate concern, in most cases it turns out to be an excuse. In fourteen days, your mindset begins to shift and you are able to perceive the world differently. In just three months, you can put an end to sabotaging behaviors and replace them with strategies for success.

for more info

www.greateradvantage.com

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features

- One-to-one life coaching
- Group coaching
- Couples coaching
- Interactive workshops and team builders

top ten benefits

1. More energy and passion for work and life
2. Better health and fitness
3. Reduced stress
4. More self-discipline and focus
5. Improved relationships at work and home
6. More likely to stick to a financial plan
7. Better work/life balance
8. Knowledge of personal / professional strengths
9. Better time management
10. More fun

about the coach

KIM BETTIE is a Life Coach, Motivational Speaker and Radio Talk Show Host. Kim is a former Executive Coach and Consultant for General Motors with extensive experience in strategic visioning, leading change and high performance team building. She has over twenty years of experience in individual and organizational development, change management, and career transitions within corporate America, community organizations and educational institutions.

In 2004, Kim embraced the spirit of entrepreneurship. She is the founder and CEO of The Greater Advantage, Inc., a lifestyle media company in Detroit, Michigan. She used her experience and knowledge to develop an executive-style life coaching program. Her mission is to help everyone she encounters get the best out of life.

Kim offers life coaching on-air Saturday mornings at 10 on AM 1500 WLQV. Broadcasted live from Detroit, The Kim Bettie Show challenges metro-Detroiters to breakthrough the roadblocks to success and plan to win.

visit

www.kimbettieshow.com