***Weekend Email***

***Elite Club #46 June 2019***

Subject line: WORK/LIFE BALANCE

Happy weekend to you!

How’s the direction of your business going? Lately, I have heard agents and lenders saying “I’m sooooo busy”, which is a great thing. However, work/life balance is the object of the game. I just came across this article called “***Stop being so busy, and just do nothing***.” This helps us recharge and reboot for a clearer mind and better focus.

From The New York Times:  
**The Case for Doing Nothing**  
  
Stop being so busy, and just do nothing. Click the article and check it out. Interesting read:   
  
[https://www.nytimes.com/2019/04/29/smarter-living/the-case-for-doing-nothing.html](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nytimes.com%2F2019%2F04%2F29%2Fsmarter-living%2Fthe-case-for-doing-nothing.html&data=02%7C01%7C%7C7a6b2b16b9b84d8f7baa08d6d4ab840c%7C8a807b9b02da47f3a903791a42a2285c%7C0%7C0%7C636930230446844445&sdata=Jc3fVL1KzGJ8KjNiJFvL%2FdBmpsHPEI%2F7aBUV1lUGs3E%3D&reserved=0)

I’ve been studying this concept of reprogramming your brainwaves. It’s really hard to rewire our brains from working at a high level of intensity to a more balanced approach where we are enjoying life.

Enjoy your day!! Work/life balance is what we all strive for. I hope you find a tip or a nugget in this article to help you balance and reboot. 

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