

# KRISTI VALENZUELA

Specializing in God-Centered Life Balance Strategies

Since 1999, I've been traveling the world from Alaska to South Korea (and everywhere in between), helping professionals improve their performance by implementing systems and solutions in areas where they feel like they're under-achieving or stuck. Over the last 20+ years, my focus has been coaching, training, and motivating professionals, predominantly women.

Despite a successful career, achieving life balance in my own life had been elusive. Upon reaching 50, I realized that without changing my own life strategies, both my health and career wouldn't be sustainable. The strategies I taught weren't effective in my own life until I sought God's help.

It was then that my career and calling intersected, enabling me to expand my content and God-given skills to help others. We now help high-performing men and women overcome feeling flat and fatigued by sharing actionable steps toward achieving God-centered life balance in 8 unique categories.

MyLifeFull, LLC was established along with our BUY ONE, GIVE ONE business practice helping under-resourced women build a life they love and deserve.



## SUGGESTED TOPICS

Conquering Life balance fatigue  
Common life balance mistakes  
Faith Centered Life Balance  
Is Life Balance even possible?

Dream It. Plan. It. Do it.  
LIFE BALANCE JOURNAL  
Assess. Awareness. Action

## SUGGESTED QUESTIONS

1. What are some early warning signs of a wobbly life balance wheel?
2. What does God have to do with life balance?
3. How often should you assess the 8 categories on the wheel?
4. Are high scores in a category good, and low bad?
5. What are the three steps to utilizing the life balance wheel to its fullest?
6. Should you do the life balance wheel by yourself or with a partner?
7. How fast should you see positive results after assessing the categories?
8. What are the biggest mistakes people make about life balance?
9. What age should you start using the life balance wheel?
10. Would this be good to do as a work or team related exercise?



BOOK KRISTI FOR YOUR PODCAST

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