

# **BUILD YOUR PERSONAL BOARD OF DIRECTORS**

## **A Life Hack from Inside Marcy's Mind**

### **Money Advisor**

Name: \_\_\_\_\_ Phone/Email: \_\_\_\_\_

Why I trust them:

\_\_\_\_\_

### **Relationship Advisor**

Name: \_\_\_\_\_ Phone/Email: \_\_\_\_\_

Why I trust them:

\_\_\_\_\_

### **Health & Wellness Advisor**

Name: \_\_\_\_\_ Phone/Email: \_\_\_\_\_

Why I trust them:

\_\_\_\_\_

### **Career / Life Transition Advisor**

Name: \_\_\_\_\_ Phone/Email: \_\_\_\_\_

Why I trust them:

\_\_\_\_\_

### **Travel Advisor**

Name: \_\_\_\_\_ Phone/Email: \_\_\_\_\_

Why I trust them:

\_\_\_\_\_

### **Reality Check Advisor**

Name: \_\_\_\_\_ Phone/Email: \_\_\_\_\_

Why I trust them:

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## **Before Making a Big Decision**

- Is this decision emotional?
- Is it expensive?
- Is it permanent?
- Will it affect other people?
- Have I talked to someone on my Board?

If you checked any of these boxes, pause and seek wisdom before acting.

## **Marcy's 'I'm Not Doing This Anymore' Pledge**

- I am not making major decisions while angry.
- I am not making major decisions while exhausted.
- I am not making major decisions while hurt.
- I am not making major decisions while panicking.
- I will ask for advice when I need it.
- I will remember I don't have to figure everything out alone.

*"The smartest people are not the ones who know everything. They are the ones who know who to call when they don't." – Marcy Backhus*