



THRIVE

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Seek Harmony, Not Balance

Shennice Cleckley

Author; Thought Leader; Chief Executive Officer

Smart Cookie





9 Strategies that
support,
empower and
advocate for
Work Life Harmony

Work-Life Balance is a

M.Y.T.H.

Makes. You. Truly. Hectic

FACT:

Work-Life Harmony gives you the freedom to choose what takes priority in your life without guilt and shame!



9 Work Life Harmony

strategies that support,
empower and advocate

Problem:

Imposter Syndrome

Confidence

Limiting Beliefs

Solution Strategy 1



Start each day with
gratitude and
affirmations



Affirmations is what you believe about yourself.



Gratitudes is thankfulness for what you have.

Affirmations

SELF TALK- HOW YOU COMMUNICATE WITH YOURSELF

I am worthy

I am joyous

I am amazing

I am fearfully and wonderfully made!

I am loved

I am made for this

I am loved by Jesus

I am able to all things through Christ who strengthens me!



Benefits of Gratitude

Reduces stress

Improves self-esteem

May help us overcome trauma

Helps us be more resilient



Solution Strategy 2



Know Thy Self



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This Report

After years of research, Gallup identified 10 innate talents that successful business builders share.

This report presents your 10 builder talents in rank order.

Gallup recommends that you focus on your top four talents because they provide the best opportunity for business success.

Use this customized report to learn how you can apply your talents most effectively in a business-building endeavor.

Read your full report for a greater understanding of your builder talent and role.

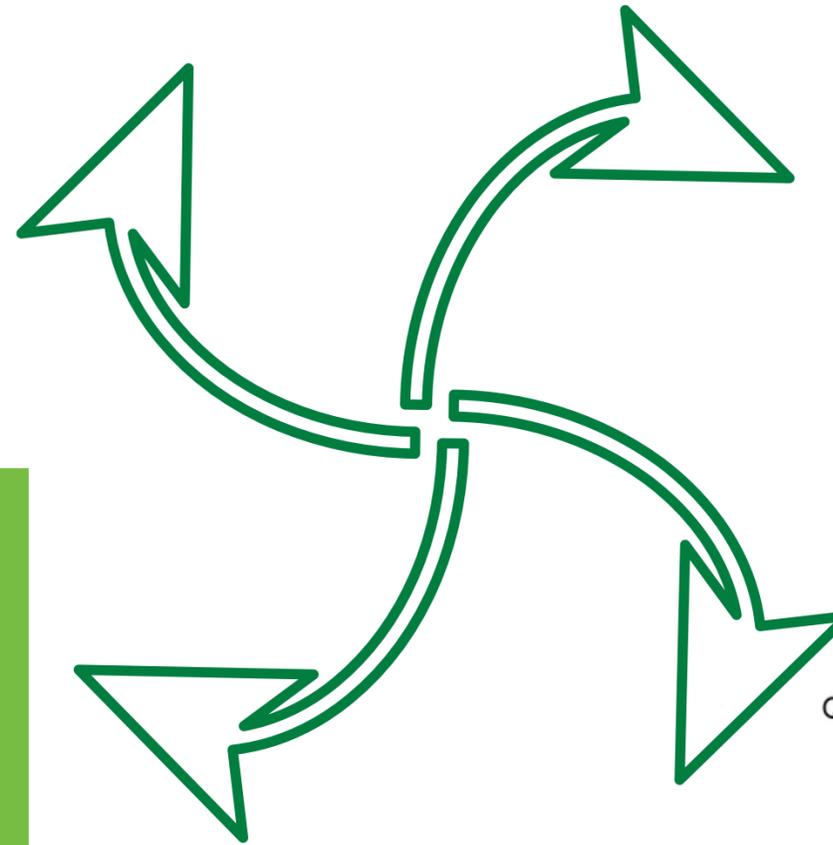
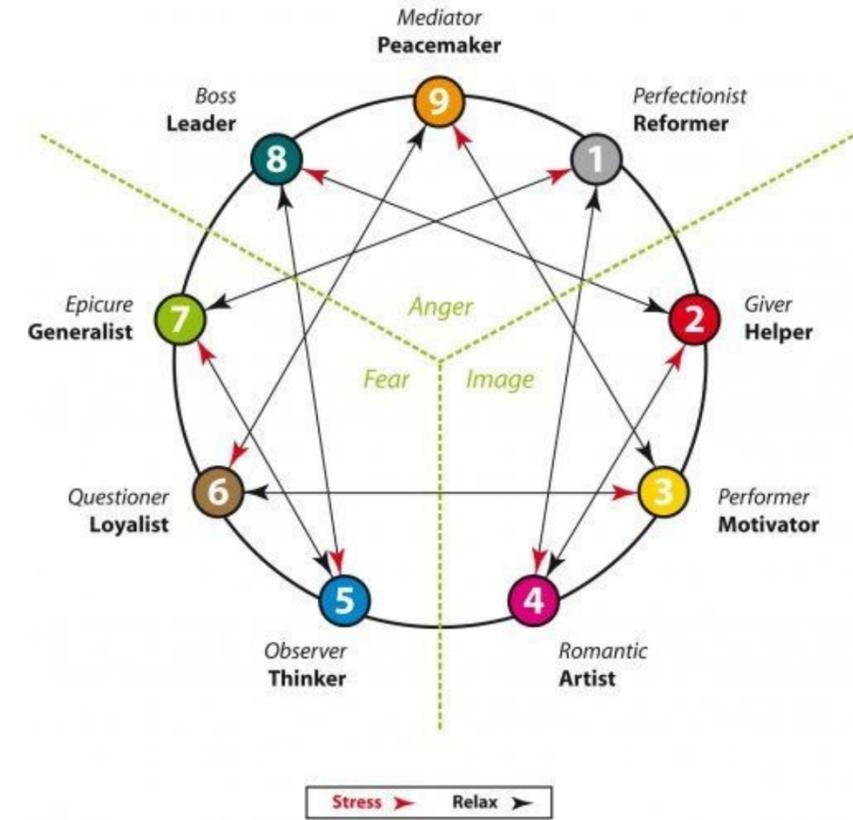
Your Top Talents

- 01 RELATIONSHIP
- 02 DELEGATOR
- 03 RISK
- 04 KNOWLEDGE

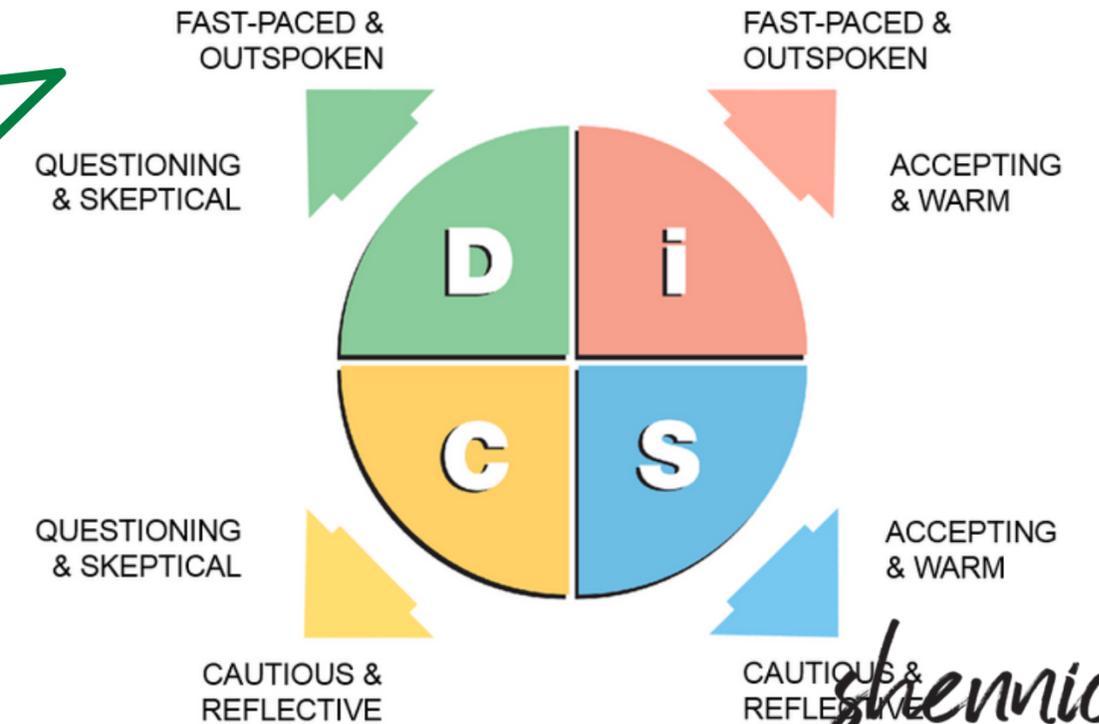
Your Role

- CONDUCTOR
You possess great management talent, and you bring order and harmony to the chaos of a young venture.

THE ENNEAGRAM



<h1>S</h1> <p>Strengths</p>	<h1>W</h1> <p>Weaknesses</p>
<h1>O</h1> <p>Opportunities</p>	<h1>T</h1> <p>Threats</p>



“

I'M

SHENNICE

AND I AM 7!

extroverted

optimistic

versatile

spontaneous

playful

high-spirited

practical

focused

appreciative

joyous

satisfied.



Who is
Shennice ?

shennice
CLECKLEY

Problem:

Hybrid Work Force

Solution Strategy 3



Create Family
Agreements

OUR FAMILY AGREEMENT

This agreement is a communication tool for entrepreneur and their families.
Setting clear expectations leads to better work-life harmony and abundant living.

THIS AGREEMENT IS FOR (FAMILY NAME):

Entrepreneur _____

I agree to:

(Example: make every home game, work free Sunday)

Family Member _____

I agree to:

(Example: wash the dishes 2x week)

Family Member _____

I agree to:

(Example: wash the dishes 2x week)

Family Member _____

I agree to:

(Example: wash the dishes 2x week)

We agree (as a family) to:

love each other, be kind, be patient)

Family Signatures

Problem:

Unsupportive Company Culture

Solution Strategy 4



Intentionally
Support Team
Members

Ways to support Your Team

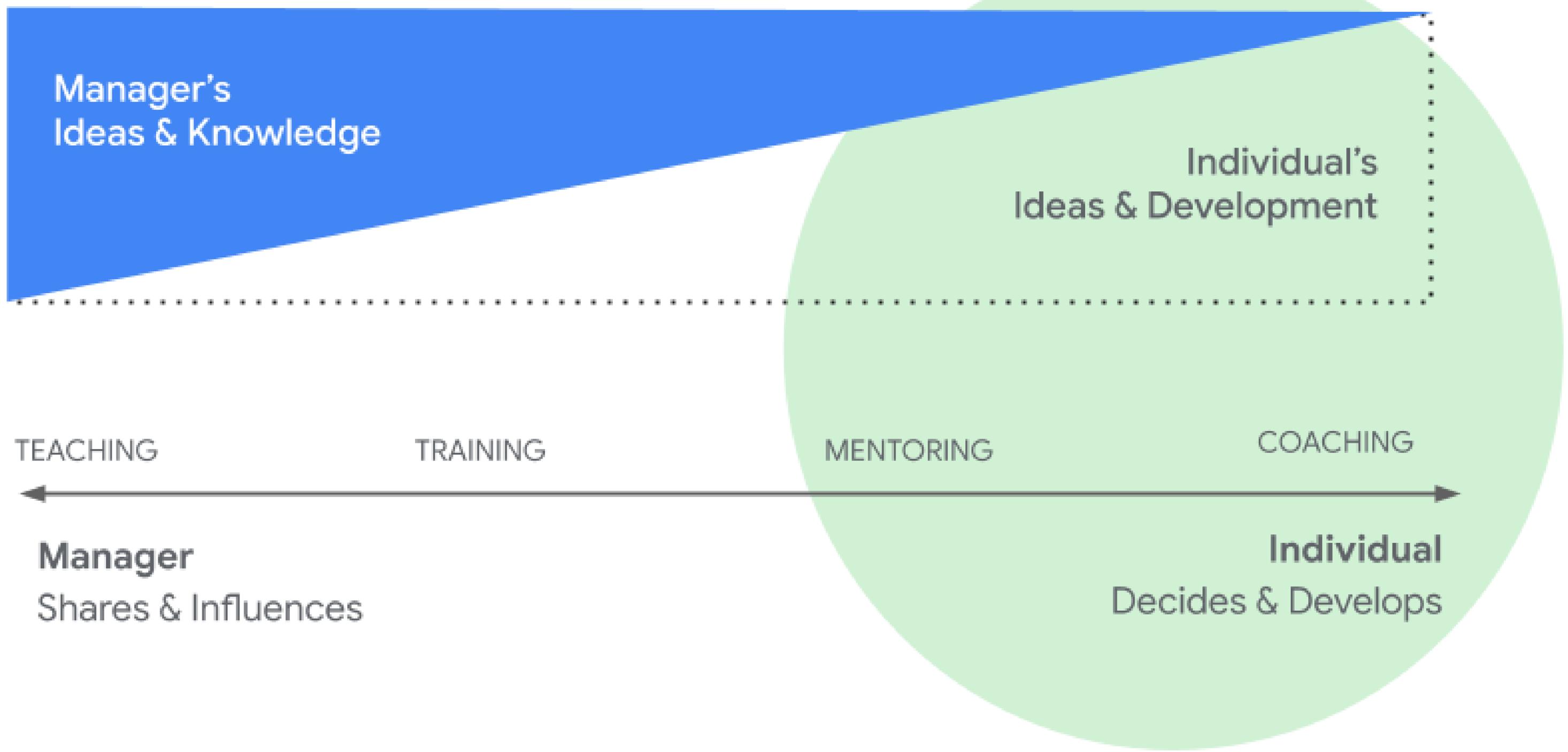
Assume Well Intent

Coach instead of Micromanage

Realign Responsibilities

Be Empathetic





Manager's
Ideas & Knowledge

Individual's
Ideas & Development

TEACHING

TRAINING

MENTORING

COACHING

Manager
Shares & Influences

Individual
Decides & Develops

Problem:

Burnout

Solution Strategy 5



Shorten Your To-Do List

Solution Strategy 6

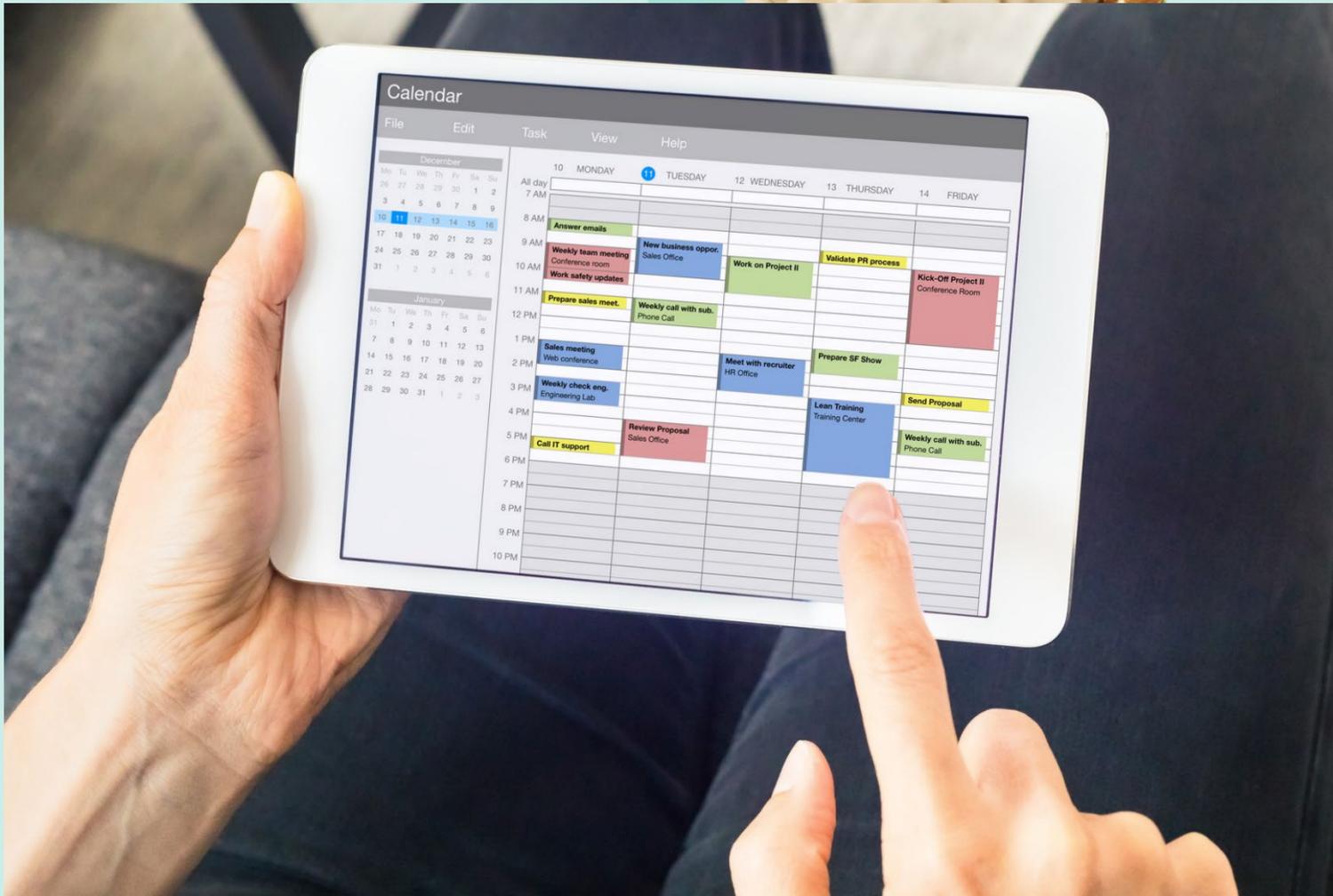


Audit Calendar



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Solution Strategy 7



Time Blocking

Lunch 12 – 1pm	Lunch 12 – 1pm	Lunch 12 – 1pm	Lunch 12 – 1pm
Meetings 1 – 3pm	Client Work 1 – 5pm	Meetings 1 – 3pm	Client Work 1 – 5pm
Work on Book 3 – 5pm		Work on Book 3 – 5pm	
Workout 5 – 6:30pm	Workout 5 – 6:30pm	Workout 5 – 6:30pm	Workout 5 – 6:30pm
Dinner and Kids Bed 6:30 – 7:30pm			
Shower and Read Until Bed 7:30 – 10pm			

Solution Strategy 9



Take off the cape!

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