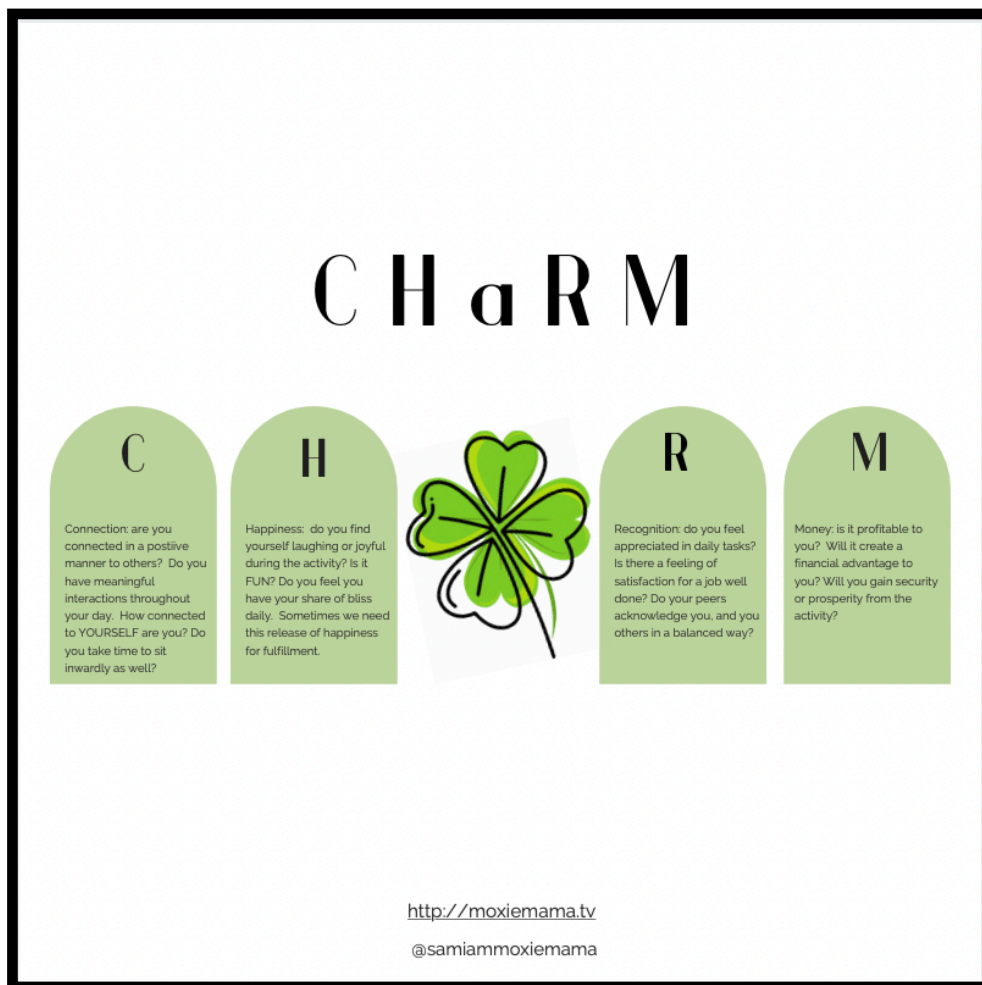


# CHaRM

I found that there are four basic areas that contribute to a feeling of contentment and fulfillment: Connection, Happiness, Recognition, and Money. Some of these are absolutely necessary for survival (money, connection), while the others bring a feeling of satisfaction and joy.

For the distracted/procrastinator/dreamer brain, often everything seems so important. Obviously, there are tasks and relationships we need to (and will) drop everything for, but what about the rest of our days? Sick kid? Drop everything. Take mom for testing? You will be there! But how to make best use of the time you DO have?



After years of a chaotic schedule, and assessing what HAS worked best in my past, I developed CHaRM, using those four pillars of fulfillment. I tested it, I tweaked it, and now it is my gift to YOU.

Let's go a bit deeper on the next page...

**Connection:** This pillar has two important parts. The first part is outward facing—During given activities and time frames, are you having meaningful connection with people who bring good energy to you? Are you surrounded by a “hype squad” or energy suckers? Does your circle include supportive teammates or are your coworkers a negative influence on your productivity? Protecting your psychological energy is critical to a feeling of fulfillment. Make sure for every encounter that brings a negative, you refill with positive connections. NOTE: to achieve this, it is imperative that you also project positivity and support to those around you. Staying enthusiastic not only attracts likeminded spirits, but also puts you on the path to positive inner energy.

The second aspect of connection focuses INWARD. This can be challenging for many, but especially extroverts. We spend most of our time projecting outward, but it is necessary to spend time looking within. When you take inventory of you how you spend your ALONE time (are you bingeing Netflix or really connecting to yourself through meditation, journaling, etc), you may find that you haven’t spent time with your MOST important person—YOU!

**Happiness:** During your day, how happy were you? Do you have tasks, hobbies, or roles that bring you a sense of joy? No judgment here—maybe even cleaning is your jam. Did you feel energized by listening to music, hitting the gym, or cooking a fabulous meal? Does art or creativity increase your sense of well-being? Whatever brings out the CREATOR in you, your joy, or your bliss—make sure you carve out time for it. If it is your full-time job, lucky YOU. If work isn’t filling your spiritual cup, make sure you find the happiness outlet outside of the office via a hobby, exercise, or activity that brings jubilation.

**Recognition:** For my beta testers, this practice came with a lot of questions. Many suggested they didn’t really NEED recognition or attention. What if we called it appreciation or acknowledgement? Did that make a difference? YOU BET! You need to feel appreciated, we all do! Let’s say you surpass a HUGE goal and NO ONE NOTICES. Most of us aren’t confident enough to be okay with that. There is absolutely no shame in needing a pat on the back, a word of thanks, or a shout out online. For example, I worked in sales for years because every week I could see my name at the top of the numbers list—it DROVE ME. Sometimes, it is as simple as thanking someone for taking out the trash, or making the plans for a group if you are always the planner. Feeling valued provides its fulfillment, so make sure your are getting it in your work and relationships.

**Money:** This may be challenging to prioritize if you are home full time with your kids or work as a volunteer. Think of money as VALUE. The reality is that someone is making money in your house. Charity work has monetary value to it (ask your accountant if you doubt me). Money is a pillar because it is an absolute. If you are building a business, or managing the household for the partner who supports it financially, it matters.

Additionally, you MAY be pursuing training, coaching, or a degree in a new area of expertise. If this is something that leads to an income stream or a means of saving, it goes in this box. Education is an asset, so put a big value to it.

How are you spending your time as it relates to money? Do you, like me, get sidetracked by chores and less-necessary projects? Do you favor social encounters over work (guilty)? Does your schedule support the goals of your family or yourself, or hinder it? Can your budget support outsourcing or delegating certain tasks to free your time to make money? Consider this as you plan your days.

## How to use CHaRM

Week one: First, print out the page of tiles at the bottom of this document. Post them to your vanity, day planner, even your car's dashboard! Post them anywhere you need a reminder. Also, grab a journal. This first week with CHaRM, use your time NOTICING and taking notes. As you live out week one, notice how each activity fills the four tenets of CHaRM. The way you plan your days now—are you balanced in these areas? Write down your thoughts about what is lacking and review it before week two. This direction may appear over-simplified— it will take quality time and honest evaluation to find what you already do well and where the gaps are.

Once you have assessed how your time was spent WITHOUT CHaRM, let's take your notes and move on to...

Weeks Two++: Putting your notes into action.

On Sunday before week two, sit down with your planner, calendar, or phone and set some intentions for how your week will FEEL. Was your week one fulfilling? Which aspects require a change. Envision having a balance of the four leaves of this lucky clover in your days. Is it just in your schedule? Nope. Consider who you will see as well. PLAN what your boundaries are with CHaRM. Is there a HARD NO or a DEFINITE YES you really want to address? Plan accordingly.

Let me give you some examples

\*Suzy works full time for a company. She doesn't especially like her co-workers and her boss doesn't recognize how much she does to support the team. Most nights she goes home and just feels drained because she isn't happy. The problem is, she is REALLY good at this job and makes a ton of money.\*

Suzy took a look at the other aspects of CHaRM and decided to focus on her personal time. She signed up for a photography class with a friend and met some great people. She even found that she has a really good eye for lighting. She enjoys her new art so much and finds herself taking revealing self-portraits, as well as gorgeous nature shots when she hikes. Her friends encourage her to level-up in this new hobby and the money from her day job affords her the opportunity to invest in great equipment and start a side business the really fills her spirit.

MONEY—she makes a lot but has zero balance before pushing into the other three quadrants.

HAPPINESS—she likes the art and challenge of photography. It allows her to be creative.

CONNECTION—she goes with a friend and makes new friends with similar interests. Creatives who are quite different from her day job. ALSO, she dives into self portraits. Hikes in nature to spend time with herself.

RECOGNITION—Suzy gets praise for her abilities. She is appreciated by her clients.

\*Judy is a stay-at-home mom. She has wanted to start a business for some time, but never seems to get to it. Her kids always need something, and her parents are aging. She feels like all she does is fill her days with appointments. When she DOES find time to do something, she's tired and defaults to a movie, dinner with friends, or scrolling social media. She, a super-fun mom, made every holiday beautiful from flowers to decor, and her Pinterest

boards were full of ideas for her dream business. She just can't seem to get out of this cycle. Unfortunately, her social circle includes a woman who criticizes entrepreneur women.\*

When she first looked at CHaRM, Judy realized she needed to clean house with some friendships. This "friend" had convinced her for years to stay stuck. She needed connection with like-minded people who would support her towards her goal. Judy also told her husband what she wanted to do. She was happiest gardening and arranging flowers. Her friends always admired her holiday arrangements and she wants to DO something with that. Saying out loud made her anxious, but her husband was so excited for her ideas! She started a small website offering holiday decor services, and floral arranging. She joined networking groups with other entrepreneurs and found her sweet spot. Judy built a great book of business doing something super fun, had fantastic clients, and an income of her own.

CONNECTION—Judy took inventory of the energy she was around. CHaRM can be used to set boundaries on relationships as well as our time. She recognized she didn't have really meaningful relationships with people who supported her. After years as "JUST" (insert sarcasm) a SAHM, she wasn't sure how her husband would feel about it.

RECOGNITION—in sharing this dream with her husband, she learned that he really appreciated her years raising the kids and supported her desire to contribute.

MONEY—a front-end investment into something like product, a website, or a class on how to start a small business turned into a stream of income her family hadn't had.

HAPPINESS came from doing something really fun that she loved. On her terms.

Once you honestly plan the time care to spend, balanced in the activities that fall into the four tenets, set your calendar. I, personally, need both a paper planner (the PUSH journal, see below) AND ical on my phone. The paper planner has my commitments, my goals for the day and up to 90 days, and my plan to achieve true fulfillment in CHaRM. I block time for fitness and food (Happiness), mindfulness (Connection to self), networking and social time (Connection to others) and building my business (Recognition and Money). The ical is the backup to ensure I stay on time for what matters most, and I also share it with my "team" (aka my family) so they know how to plan time with me as well.

Protect equally your time and your energy with CHaRM. When these four areas are in balance, you will find a confidence and fulfillment you didn't know you could have. It  
#workslikeaCHaRM

Need more support? Contact me to learn more [here](#)

The PUSH journal and planner (my favorite) is available [here](#). Use code MOXIE10 for 10% off your entire order.

Don't forget to print out that last page and post your lucky CHaRMs anywhere you need reminding!





