

Wisconsin Child Support Enforcement Association • Sept. 18, 2019
Pause–Think–Act: Build Your Thoughtfully Fit® Core

Life can be easier with three seemingly easy steps: PAUSE, THINK, ACT. The key is to do each step, and in the right order. Wash, rinse, repeat! When you build a strong Thoughtfully Fit® core, you can *act*, *react*, and *interact* thoughtfully – in every situation.

Step 1: PAUSE

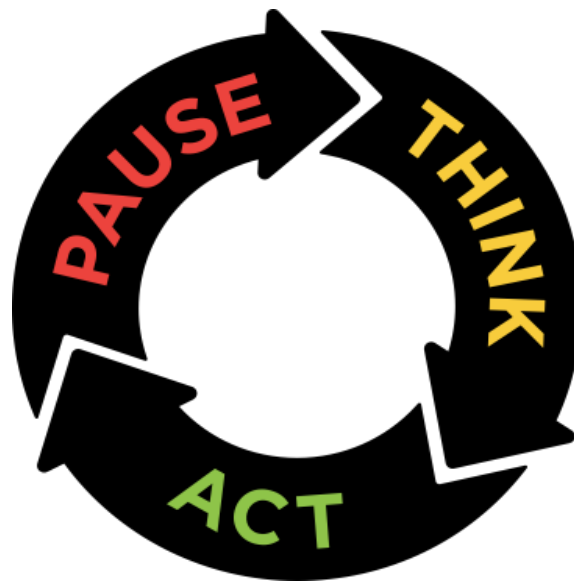
Take a moment to get off of auto-pilot.

Where could you PAUSE? How might you create a PAUSE?

Step 2: THINK

Ask thoughtful questions.

What questions would create new awareness?



Step 3: ACT

Take the next step... thoughtfully.

What do you want to do?

Are you ready to be Thoughtfully Fit®?

After decades of coaching hundreds of clients, teams and organizations, Darcy Luoma noticed six themes on the obstacles that prevent people from being high-performing. Thoughtfully Fit helps you overcome these hurdles.

When you are physically fit, all activities are easier.

Similarly, when you are Thoughtfully Fit – thoughtful in every situation – life is easier.

When you're more thoughtful, you have less conflict, stronger relationships, fewer regrets, and more success.

We'd love to help you and/or your organization be Thoughtfully Fit!



Let us help you create the change you are looking for!



Darcy Luoma Coaching & Consulting (DLCC) creates high performing people and teams.

Whether you're looking for professional growth for your team or personal clarity for yourself, we can help you achieve powerful results.

We offer **coaching**, **consulting** and **speaking** services to help you meet all your individual and organizational goals.

Learn more at www.DarcyLuoma.com!