



BETTY BUZZ: KEEPING THE CAREER BRIDE BALANCED

As a busy bride who is managing her career and leading her life, it's easy to get thrown off balance. When that happens, use this exercise along with your Betty Buzz Bridal Checklist to stay on track with your goals!

- ✓ Brainstorm all of the tasks you need to complete right now and put each on a post-it note
- ✓ Cluster the items that are related
- ✓ Name the categories you created: Career, Wedding, Friends & Family, Self-Improvement, Fun/Recreation, Health/Wellness
- ✓ Prioritize your categories from left to right in order of importance
- ✓ For top priority categories, break each task into SMART (Specific, Measurable, Achievable, Realistic, Timely) goals
- ✓ Choose one action item for you to complete today

For more ideas on balancing your life and career while planning your wedding, visit coachingthecareerbride.com

