



# Christy Wright

[BUSINESSBOUTIQUE.COM](https://businessboutique.com) |  [OFFICIALCHRISTYWRIGHT](https://www.facebook.com/officialchristywright)  
 [CHRISTYBWRIGHT](https://twitter.com/CHRISTYBWRIGHT)

Christy Wright is the creator of Business Boutique, a Certified Business Coach, and a Ramsey Personality with a passion for equipping women with the steps they need to successfully start and grow businesses. Since joining Ramsey Solutions in 2009, she has spoken to thousands across the country at women's conferences, national business conferences, Fortune 500 companies, and her own sold-out live events. She is the host of the Business Boutique Podcast and her new book, *Business Boutique: A Woman's Guide for Making Money Doing What She Loves*, released April 2017.



## WHEN THINGS GET OUT OF BALANCE

- Creating balance in your life comes down to what you spend your \_\_\_\_\_ on.
- Stress and anxiety are caused when there's a disconnect between your \_\_\_\_\_ and your \_\_\_\_\_.

### Create Your Version of Balance

#### 1. \_\_\_\_\_ time for what matters.

Write down five things that are important to you:

---

---

---

---

---

- We \_\_\_\_\_ what matters. We just don't \_\_\_\_\_ like it does.
- You don't \_\_\_\_\_ time; you \_\_\_\_\_ time.
- Life balance is simply \_\_\_\_\_ from your values.



*Life balance isn't about a 50/50 split. It's about being 100% present.*

**Christy Wright**



*Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile."*

**Mark 6:31 (NLT)**



*It's better to give  
an honest no than a  
dishonest yes.*

**Christy Wright**



*Time is the scarcest  
resource, and  
unless it is managed,  
nothing else can  
be managed.*

**Peter Drucker**

## 2. \_\_\_\_\_ what doesn't matter.

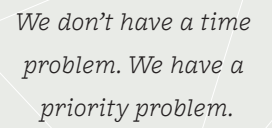
- Ask yourself \_\_\_\_\_ you're doing it.
- Do more of what you \_\_\_\_\_ and less of what you \_\_\_\_\_.
- Put your \_\_\_\_\_ down and look \_\_\_\_\_.

## 3. \_\_\_\_\_ what matters.

- Boundaries are about \_\_\_\_\_.
- There's a difference between doing something to be \_\_\_\_\_, and doing it to be \_\_\_\_\_.
- You don't just have the \_\_\_\_\_ to say no, you have the \_\_\_\_\_ to say no.
- If you don't protect what matters to you, \_\_\_\_\_ else will.

## Live With Less Guilt and More Grace

- Life Balance is messy because \_\_\_\_\_ is messy.
- Don't be sorry for the \_\_\_\_\_.
- You're doing a \_\_\_\_\_.
- Leadership isn't a \_\_\_\_\_, it's a \_\_\_\_\_.



Christy Wright

## Answer Key

Time  
Values  
Behavior  
Make  
Know  
Live  
Find  
Make  
Living  
Cut Out  
Why  
Love  
Don't  
Phone  
Up  
Protect  
Self-Respect  
Loving  
Loved  
Right  
Responsibility  
No One  
Life  
Struggle  
Good Job  
Position  
Lifestyle