

The Search for Unicorns, the Loch Ness Monster and Work-Life Balance

Crystal Mackay



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UNICORNS ARE REAL

They're just fat, grey and we call them Rhinos.

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1. What if your unicorn has one leg shorter than the other?

You were born
To be
Real
Not to be
Perfect.

All these moms on
Pinterest making
rainbow spaghetti
and homemade
playdough, and I'm
over here like, "Today I
took a shower & kept
the kids alive" - GO ME!
someecards
100% original



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2. What about the other more beautiful unicorns?

“The reason we struggle with insecurity is because we compare our behind-the-scenes with everyone else’s highlight reel.”

~Steve Furtick



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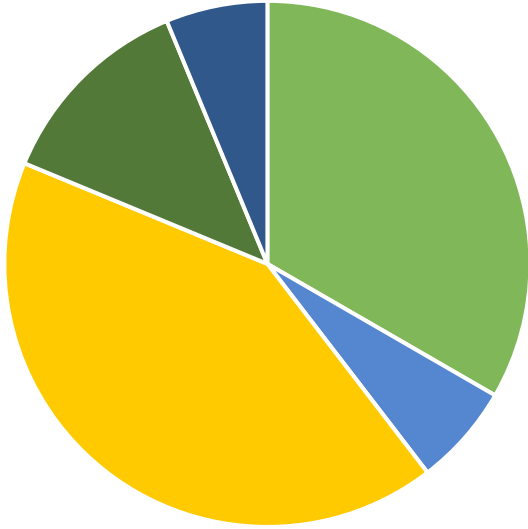
3. Redefine your own “balance”. What’s your visual?



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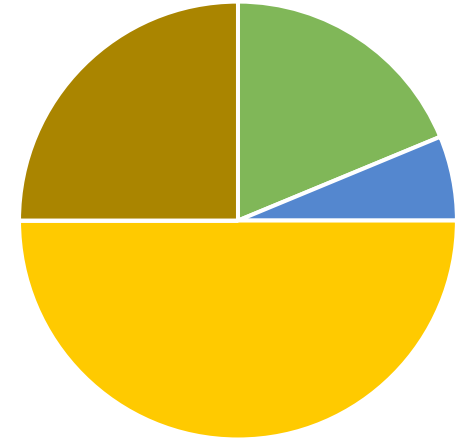
Average Day



■ Sleep ■ Eat ■ Work ■ Family/Friends ■ Sports

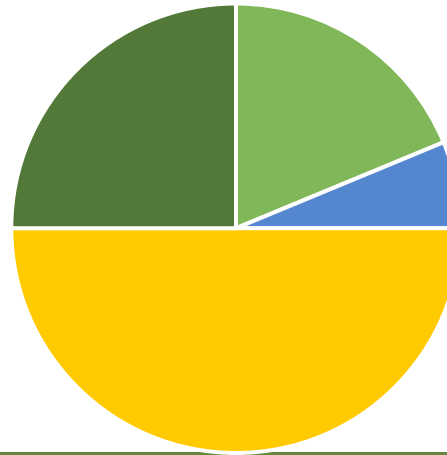
Blur THE LINE BETWEEN WORK & PLAY

Today



■ Sleep ■ Eat ■ Work ■ Family/Friends ■ Sports ■ BONUS

Today Reshaped



■ Sleep
■ Eat
■ Work
■ Family/Friends
■ Sports
■



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What are the expectations – of you? by you?



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**What does balance or buckets or kaleidoscope look like?
Make it beautiful for you and those most important to you.**



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Together we can achieve more!

Keep in touch.

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