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## Consumption Email #1

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Subject: The Most Important Steps To Take Today...

Hi [Name],

Do you remember the path that led you to this moment? Your journey began when I invited you to take my brief quiz — just 5 questions.

Now I invite you to use those answers as your compass as you make decisions about exactly what you want to accomplish during this program.

Here are the results of your quiz:

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**Question 1:** Does this statement describe the demands on your attention?

*“When I’m at work, I constantly need to check my email and instant messages to stay on top of family situations; and when I’m at home, I get nervous if I’m out of touch with my boss, co-workers or clients.”*

**Your answer:** [Answer 1]

**Question 2:** Does this statement describe how your body feels?

*“After work, I feel too tired for the challenges of home, and the next morning I’m too tired for the challenges of work.”*

**Your answer:** [Answer 2]

**Question 3:** Which statement best describes the #1 challenge you’re struggling with right now — if you had to choose just one?

- A. I struggle to set boundaries between home and work.
- B. My job and my home life both drain me of energy.
- C. I struggle to balance my priorities between work and home.
- D. When I’m at home, I’m not the person I want to be.

**Your answer:** [Answer 3]

**Question 4:** Does this statement describe the demands on your time?

*“My home life and my work life each demand that I be available at any time for any reason.”*

**Your answer:** [Answer 4]

Question 5: Does this statement describe how you feel about people?

*“I have to put on one “face” for my work life and switch to different “face” for my home life.”*

**Your answer:** [Answer 5]

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NEXT STEP: Write down goals you want to accomplish during our time together. You can hand write your goals on paper or type and print them. Your goals **are** private — for your **r** eyes only — but it is critical that you keep them handy to remind you of your destination.

Looking forward to helping you bring your goals to reality,

[Signature]