



# The Microseason Method™

*A proven system that helps you be present and profitable.*



1

## ASSESS *your* DESIGN

Raise your awareness of your God-given strengths, values, passions, gifts, and personality. Create a clear picture of how to bring the best of you to all God has called you to.

2

## ALIGN *your* RESOURCES

Consider time, capacity, energy, needs, roles & responsibilities.. Define your 5 buckets to hold all aspects of your life. Results formula and mindset.

3

## DEFINE *your* SUCCESS

Look at what matters to you, what has God called you to steward right now? Create a vision for success, then apply metrics to measure and achieve success, get clear on the target. I am statements...

4

## DISCOVER *your* RHYTHMS

Discover healthy rhythms of body, mind, and spirit. Commit to daily, weekly, quarterly, annual patterns of routine or ritual that support work, play and rest. Build life around your natural work/family rhythms.

5

## CREATE *your* MICROSEASON

Draft your next 90 days on the framework of your 5 big buckets and the next 3 months. Choose focus projects and create action worksheets

6

## ACTIVATE *your* MOMENTUM

Book time in your calendar to review your map each week. Stack it on an existing habit. Fill your calendar with what matters most and focus on tasks that help you complete your focus projects. Review + Reset every 90 days.

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If you are feeling overwhelmed and over your head in all that you are juggling, I can relate! As a mom of 7 kids, homeschooler, public schooler and hybrid schooler, taxi-driver, meal prepper, logistics coordinator, successful entrepreneur, ministry volunteer, wife, daughter and friend...I understand how it all feels like too much.

I know what it's like to second-guess God's call on your life in motherhood and business and ministry. It's a journey of identity, success, purpose and intentionality and often we grow weary. Maybe you do need to prune some areas? Or plant some new things? Or maybe you just need some space to refresh and grow into the leader God has called you to be?

I created the Microseason Method™ out of desperation to find a way to live into the multifaceted callings of my life. I believe parenting and business and ministry can coexist and even prosper in-tandem if you learn how to integrate your life and leverage your strengths! The world wants to tell us it's an "either-or" decision or a "now-or-later" situation. But, I believe it's a "both-and" way of living and you can do it, too!

This is just a one-page snapshot of the basic Microseason Method™. If these basic concepts resonate with you, I invite you to consider going deeper with an online workshop, in-person retreat or coaching package where you have more instruction, tools and support to build your own unique microseason and successful work/life rhythms.

*An invitation...*

## LET'S HAVE *a* CONVERSATION!

Schedule a 20-30 minute  
no-obligation, no-pressure  
call to learn more about  
how coaching and training  
can help you step into your  
next place of promise.



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