



The Next Level of Performance, LLC

“The Economy Is Still Going Down. What Direction Are YOU Going In?”

We are going thru some tough times in our economy and for most people this is impacting the home and family life. It's time to take a direction for improvement. How do you know if you are going in the wrong direction? Please answer the following questions to yourself and see if you can figure it out;

Are you:

- Working harder with less or same results?
- Getting home later or leaving home earlier each day?
- Finding less time (or no time at all) for the things that used to be enjoyable?

Have you noticed changes in yourself or your relationships, such as:

- You don't exercise as much as you used to
- You don't smile or laugh as much as you used to
- You don't feel comfortable talking about these things with the people closest to you.

Do you:

- Have frequent headaches, backaches, or pain?
- Feel too overwhelmed to seek new experiences, ideas, or ways of doing things?
- Feel as if no one can understand what you need to do, or how much work you have?
- Frequently think about how to “escape” your current situation?

How many Yes's did you get? If you answered yes to any of the questions, this can steer you in the wrong direction of your goals. It is well understood that the economy is affecting us all but we must look in the mirror to see who has the best chance to turn this situation around. The economy will come back but in the mean time we have to work on bringing our own situation back up to an acceptable level so that when the economy bounces back we are clear for takeoff to exceed our goals. If you are ready to change your direction please give us a call and let's get started.

For more information, please contact us at troy@coachthenextlevel.com or www.coachthenextlevel.com.