How to Thrive at Midlife with Annie Gaudreault

with Annie Gaudreault · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Nutritionist and Ironman triathlete Annie Gaudreault says that in her practice she sees many women at midlife think something is wrong with them, without realizing they are in perimenopause, a phase she says lasts 7 to 10 years on average.

- [ ] Try Annie's habit of writing down what you notice, how often and when, with a daily 1 to 10 rating.
- [ ] Note the date of your last period before your appointment.
- [ ] Search the Menopause Society's directory for a practitioner trained in menopause care.
- [ ] Look up whether there's a functional doctor in your area.
- [ ] Put one non-negotiable block of time for yourself on your calendar this week.
- [ ] Make your sales calls even when the last ones didn't produce a sale.
- [ ] Set up a basic CRM to keep your clients and contacts organized.
- [ ] Pick one small step toward improving the area of your life that needs it most.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/thrive-at-midlife-annie-gaudreault/
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