



DARCY LUOMA
CREATING HIGH PERFORMING PEOPLE + TEAMS

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Pause–Think–Act: Build Your Thoughtfully Fit® Core

Life can be easier with three seemingly easy steps: Pause, Think, Act. The key is to do each step—and in the right order. Wash, rinse, repeat!

When you build a strong Thoughtfully Fit® core, you can act, react, and interact thoughtfully—in every situation.

Step #1: PAUSE

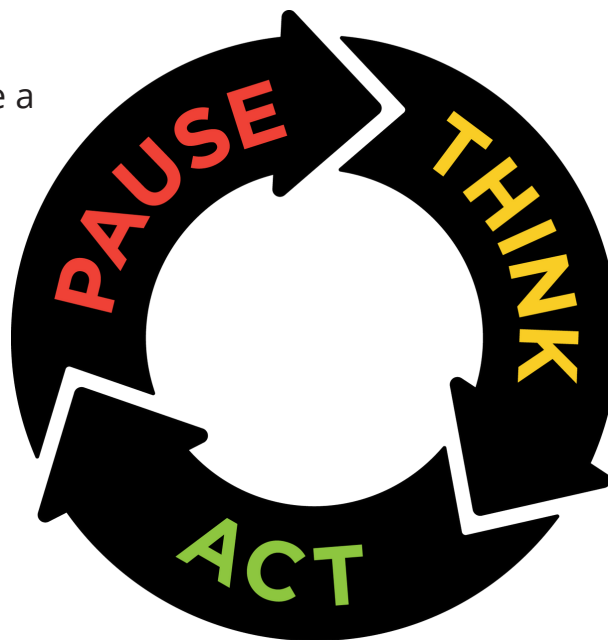
Take a moment to get off of auto-pilot.

How might you create a Pause?

Step #2: THINK

Ask thoughtful questions.

What questions would create new awareness?



Step #3: ACT

Take the next step... thoughtfully.

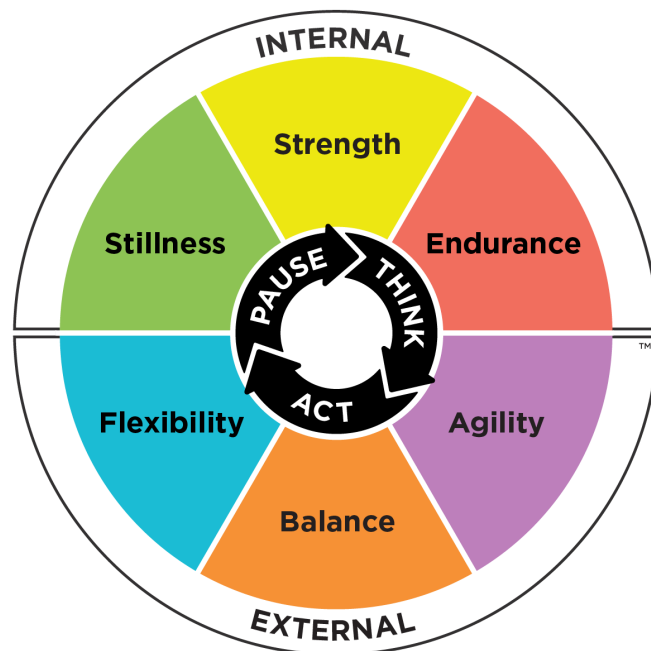
What do you want to do?

Life is hard. Train for it.

After decades of coaching hundreds of clients, teams and organizations, Darcy Luoma noticed six themes on the obstacles that prevent people from being high-performing. Thoughtfully Fit helps you overcome these hurdles.

When you're physically fit, all activities are easier. Similarly, when you're Thoughtfully Fit—thoughtful in every situation—life is easier.

When you're more thoughtful, you have less conflict, stronger relationships, fewer regrets, and more success.



Want to learn YOUR biggest hurdle?

We all have hurdles that get in our way. But the most successful people know that identifying their biggest hurdle is the first step to clearing it.

Take this 2-minute free quiz—developed by Master Certified Coach Darcy Luoma—to help you identify YOUR biggest hurdle and learn core strategies to start training to clear it today.

Are you ready to find out?



**Take the quiz at
ThoughtfullyFit.com**