

ROAD MAP: HOW TO CREATE SUSTAINABLE SUCCESS

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Co-Founders

Mindfulness Based Achievement, The New MBA

www.livingMBA.com



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IMPORTANT

- We know you want to just get going and speed through this roadmap right now. But you will get WAY more out of it if you watch the MBA Roadmap VIDEO that goes along with it. There are LOTS of details in the video that we couldn't fit in this document. Go check out the video now:
- www.mindfulnessbasedachievement.com/allaccess-2016

Welcome to our MBA Roadmap...

What we've done in this Roadmap PDF is boil down the essence of what Mindfulness Based Achievement is so you could see it in just a few pages. This is our working "mind map" of the entire curriculum.

It's pretty crazy – when we first created these tools and techniques we never could have dreamed that **one day we would be teaching them to thousands of high potential women leaders** and at companies like Google, The Stanford Graduate School of Business, Uber, LinkedIn, Microsoft, YouTube, PwC, Salesforce, The North Face, Goldman Sachs, Airbnb, Bain & Co. and many others.

We were overwhelmed and exhausted ourselves and tired of chasing success that wasn't bringing happiness, fulfillment or balance. And yet we didn't want to give up on **having a BIG impact**. We wondered if there was a better way, could we have success without all the sacrifice?

We made a commitment to figure it out, and we were our own guinea pigs for several years and what we discovered literally changed our lives.

We knew there were a lot of women like us who wanted to continue **leaning in, but without burning themselves out** in the process. We took all of the most transformative tools we learned and distilled them down into approachable and easy to digest bite sized pieces – perfect for busy women.

We've now taught this Mindfulness Based Achievement, the New MBA, curriculum to **thousands of women** around the world and the results have been AMAZING.



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Fast forward to today... And we've been featured in **Fast Company** and **Forbes** and the success stories from our MBA graduates keep rolling in. We're so grateful to be able to support incredible women like you. You inspire us and we can't wait to hear your story of creating success without all the sacrifice.

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STRONG FEMALE LEAD

2.6K SHARES



5 WAYS TO LEAN IN WITHOUT BURNING OUT

THE ANSWER TO GETTING MORE DONE AND LEADING A BALANCED LIFE ISN'T IN BEATING YOURSELF UP ABOUT AMBITIONS.

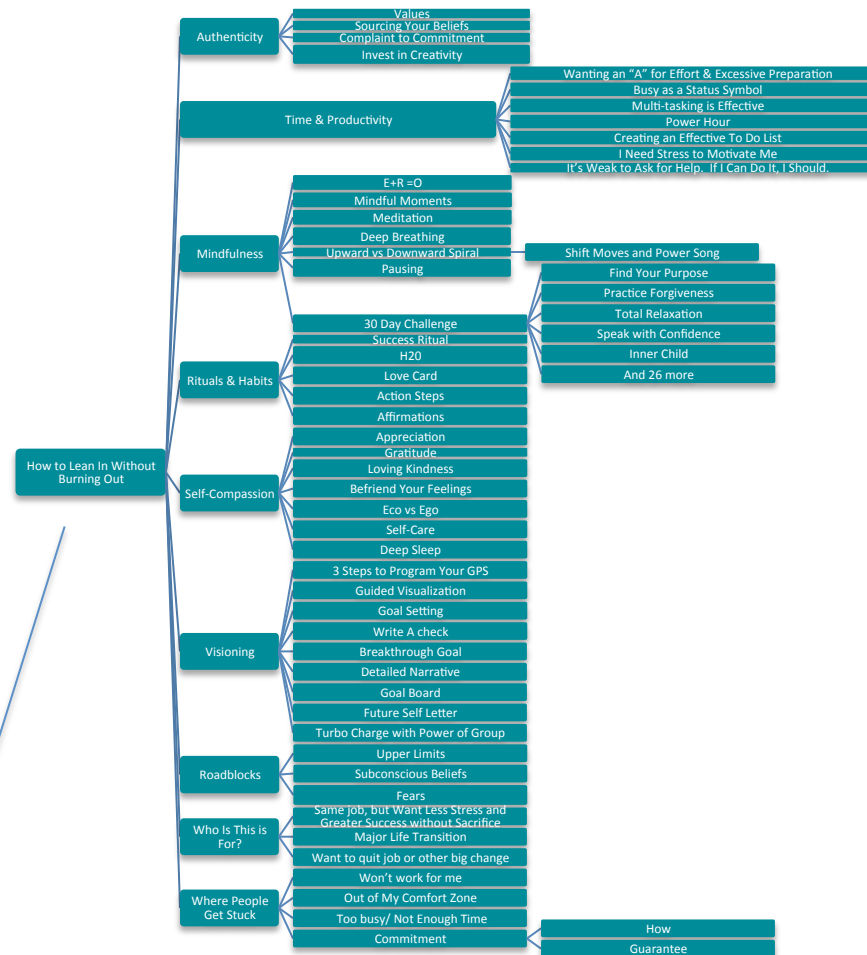
BY VANESSA LODER AND LISA ABRAMSON

We've entered a new paradigm. One in which women, particularly in the West, have greater opportunity than ever before and yet are feeling stressed out, anxious, and exhausted trying to cope with the pressure to succeed in all areas of life. Despite external success, many women have a feeling of not measuring up or being good enough. Other women are leaning in so strongly that they are burning out. It's a catch-22: how do we lean in without burning out?

ROAD MAP: HOW TO LEAN IN WITHOUT BURNING OUT

This is what the entire roadmap looks like. We know it's way too small for you to read. Sorry about that, it's the only way we could fit it on one page.

The good news is that we've broken it into sections on the following pages so that you can see the entire roadmap.



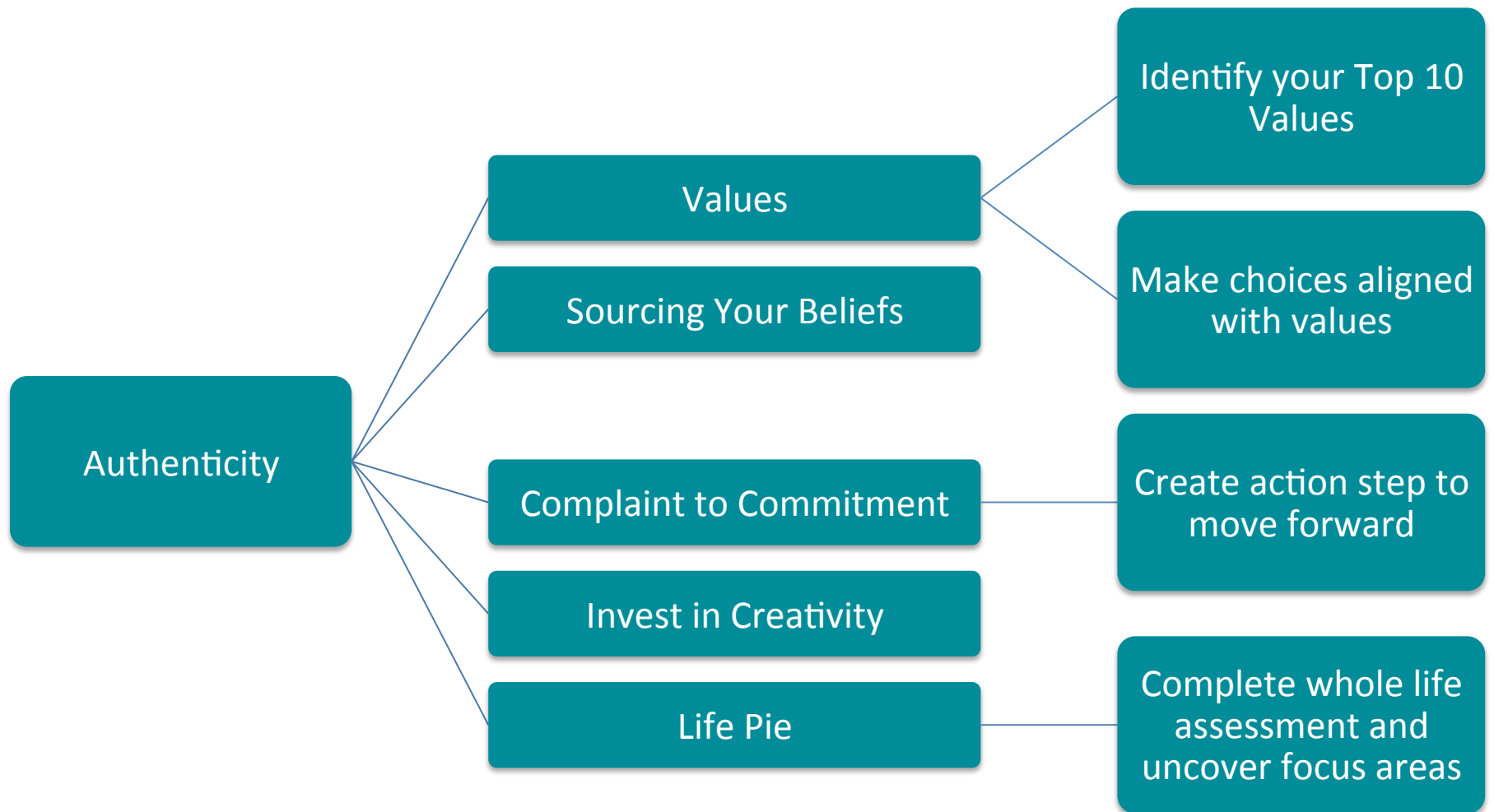
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OVERVIEW: HOW TO LEAN IN WITHOUT BURNING OUT



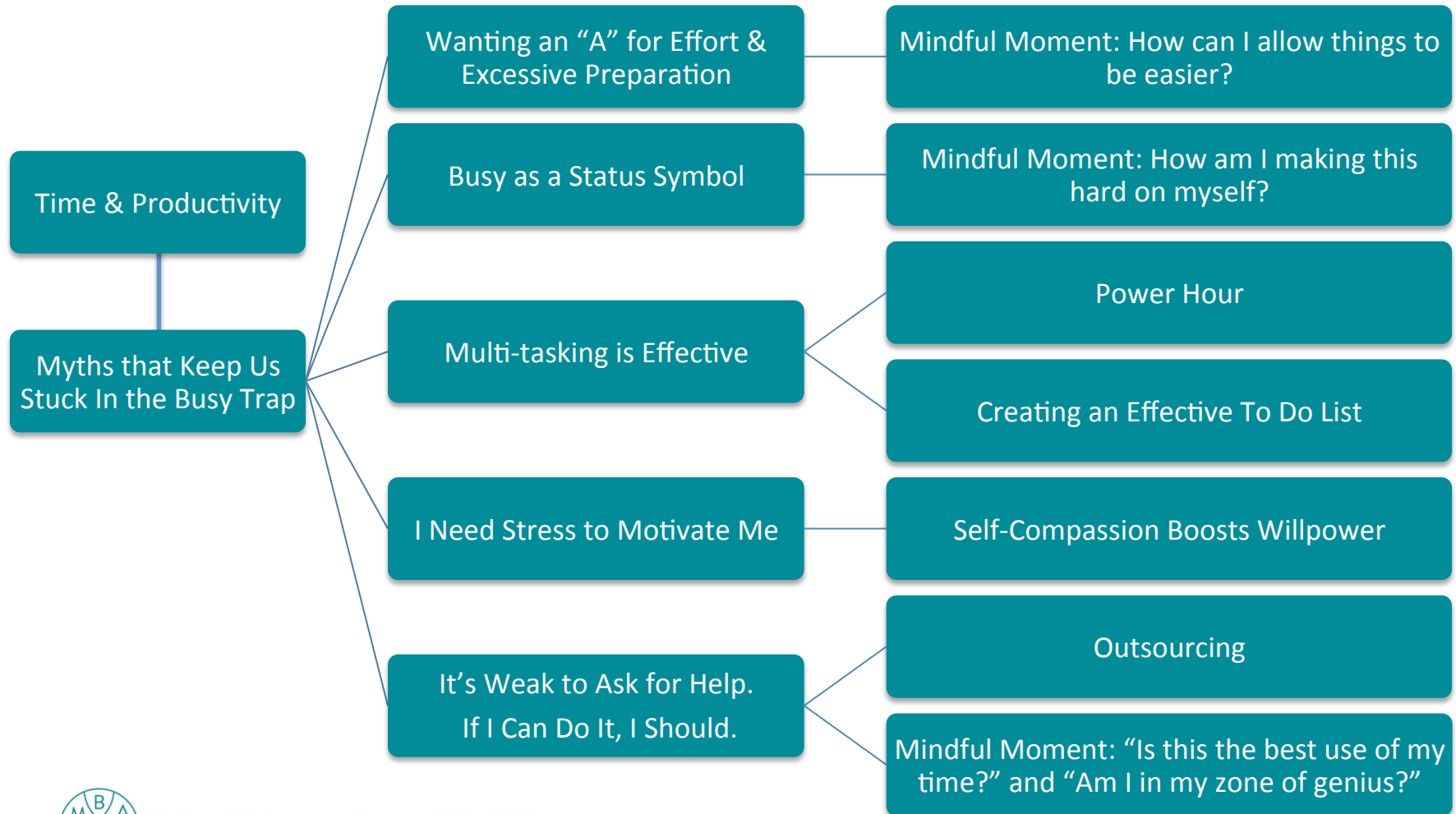
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AUTHENTICITY



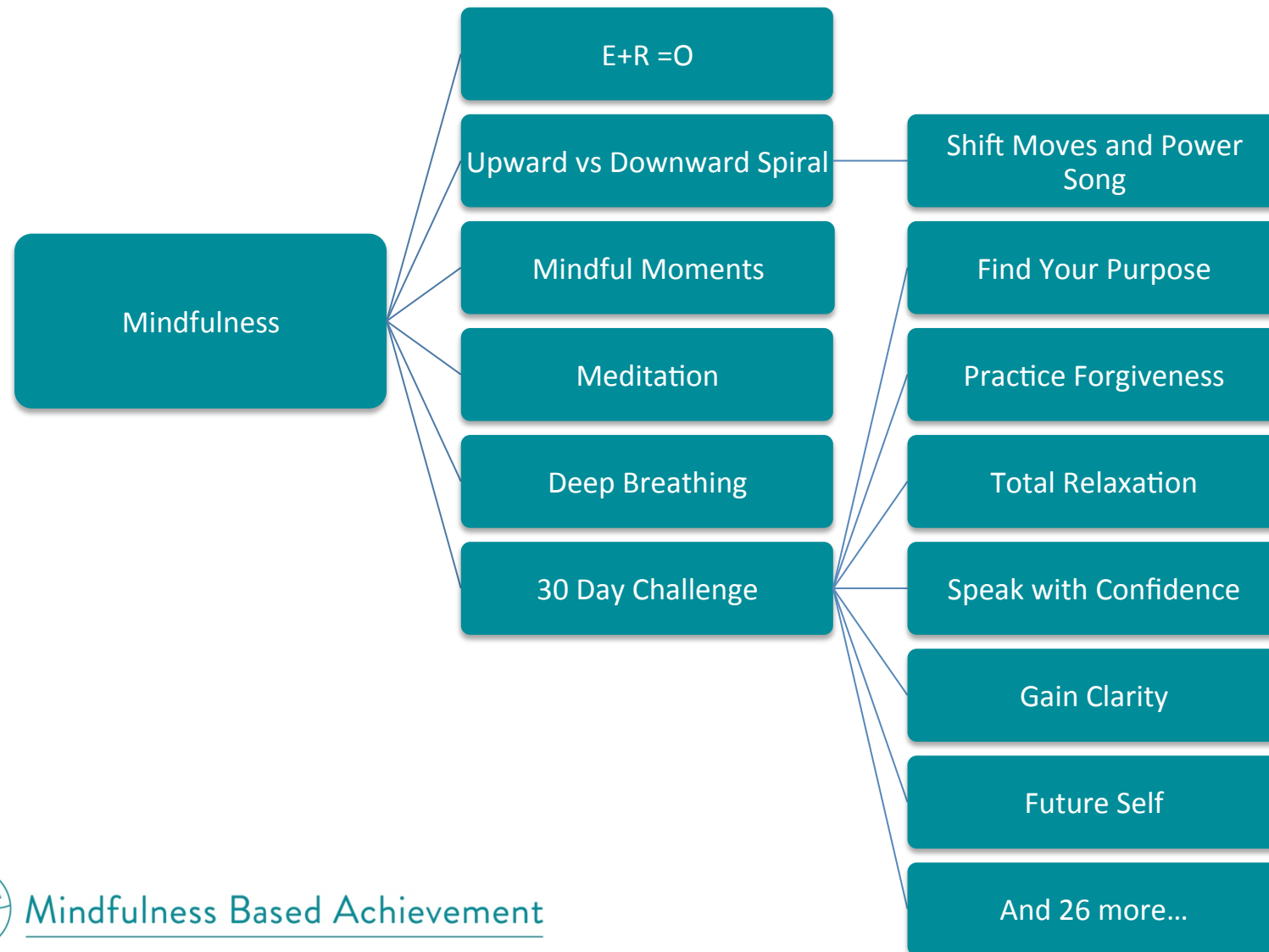
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TIME & PRODUCTIVITY



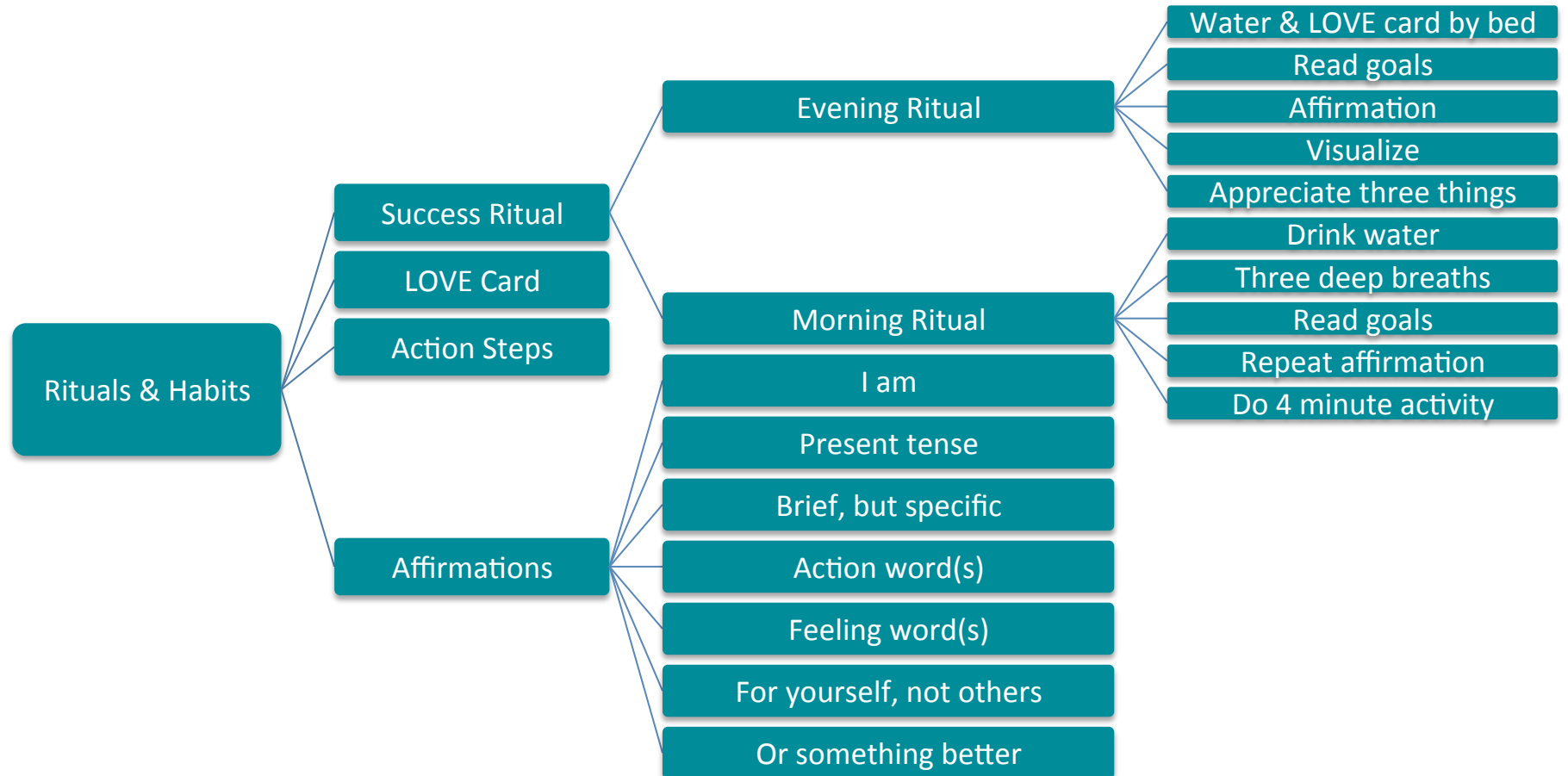
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MINDFULNESS



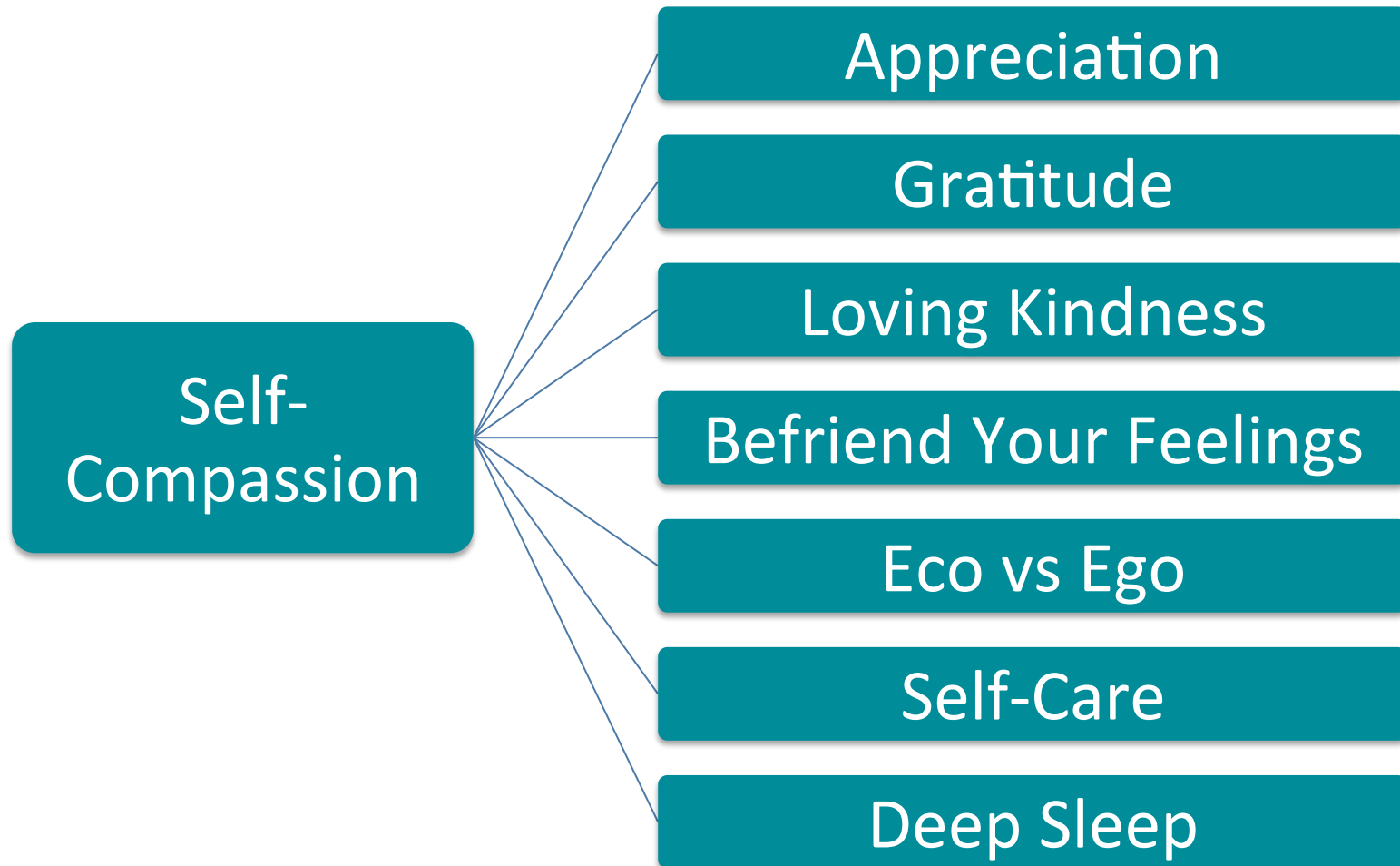
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RITUALS & HABITS



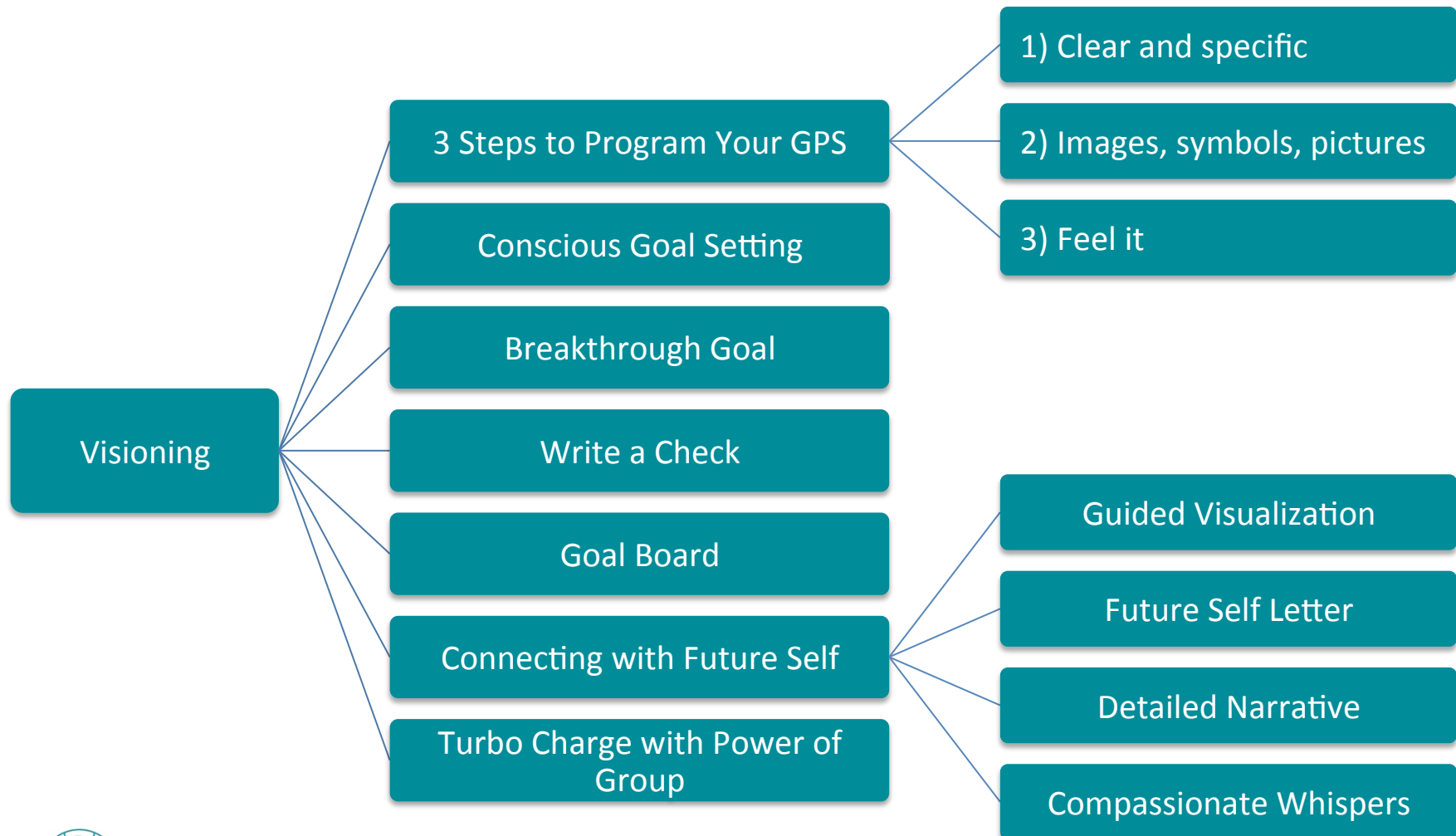
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SELF-COMPASSION



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VISIONING



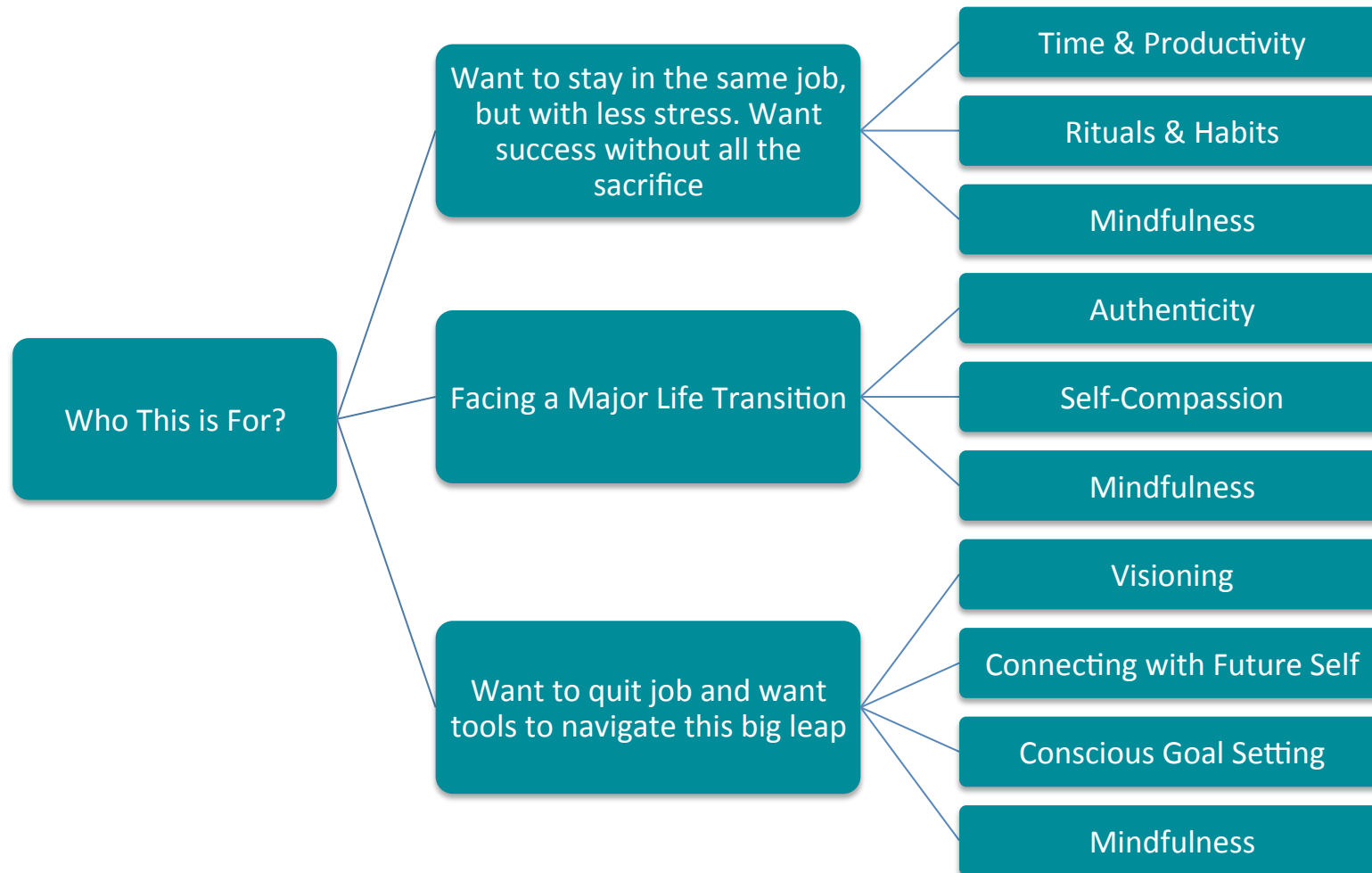
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ROADBLOCKS



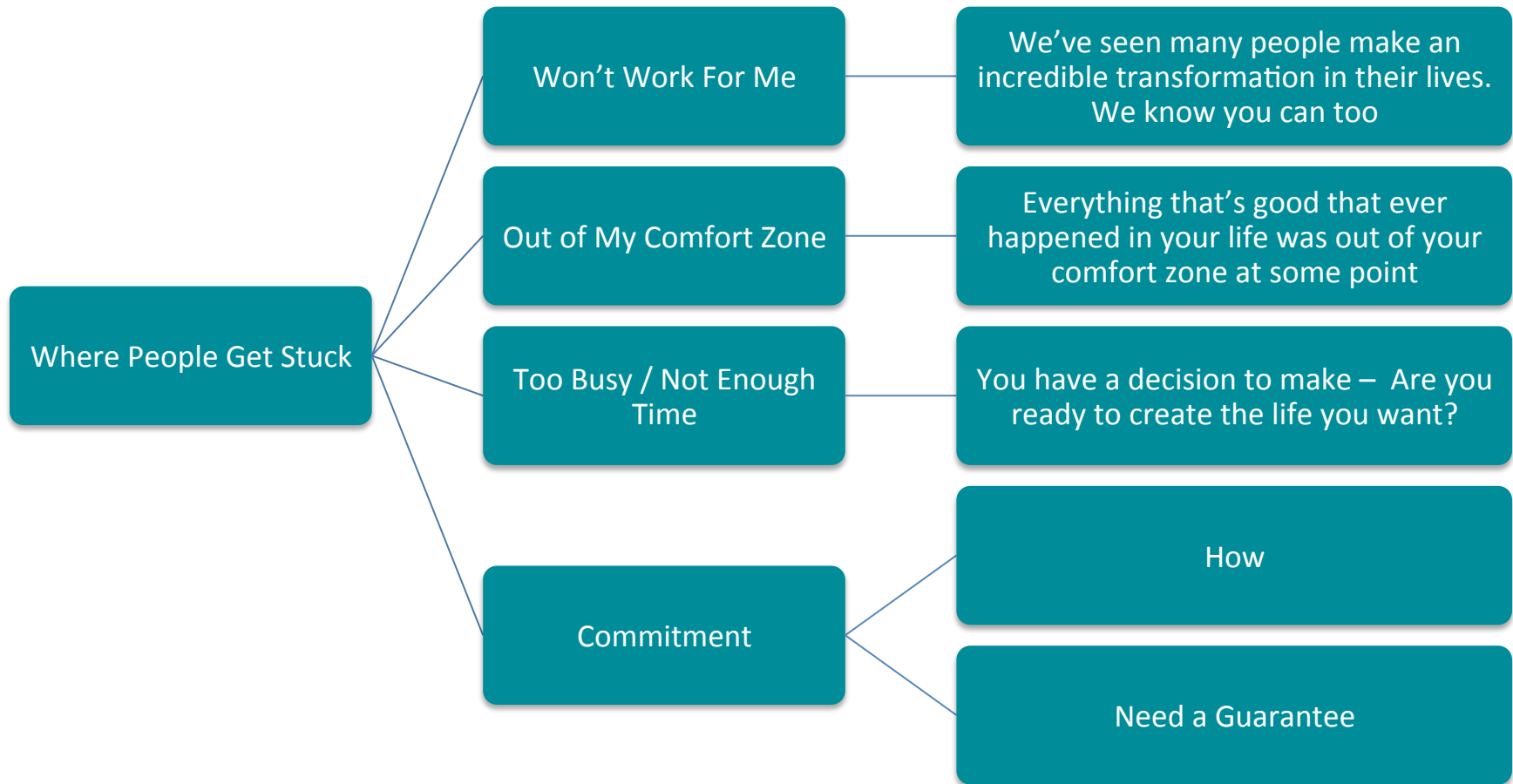
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WHO IS THIS FOR?



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WHERE PEOPLE GET STUCK



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Ok, so that was the MBA Roadmap.

You have a choice to make, do you want to keep sacrificing on your way to the top or do you want to embody a new way of living? It's really quite simple and it's a LOT easier, but it's a choice only you can make.

We've already given you a TON of practical tips and tools that you can use immediately to cultivate even greater success without all the sacrifice. We know some people will take action and start creating the life they always imagined right away--just by using all the free materials we've given you.

That's awesome--and you won't be the first to have created greater success without all the sacrifice by using our free training materials alone.

But if you want to take the next step....if you REALLY want to step up and make profound change in your life... we're opening up a new session of the Mindfulness Based Achievement (MBA) program.

This is your last and only chance to join us in 2016. And if you sign up by November 17th, you can save \$400. www.mindfulnessbasedachievement.com/nov-2016-enroll

We hope you join us!



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(And we're going to actually sneak in one last video when we open up registration and start up our new session of the MBA Program.)

In the meantime, you can go back and check out all the videos and add your comments to the MBA Community at this link:

www.mindfulnessbasedachievement.com/allaccess-2016

May you have Success with Ease,
Lisa and Vanessa

