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Choosing to live life by your own definition of success is one of the most powerful decisions you can ever make.

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Join Joy Duling, Managing Director of A 25 Hour Day, LLC in an exploration of your own potential at our upcoming personal development retreat for professional women.

The core premise of the Perfect Life Program is quite simple: that life is too short to “settle”... and that aiming for and ultimately achieving - elements of perfection in your life is a valid, exciting and do-able target.

As a participant in the Perfect Life Retreat, you will:

- >> engage in thought-provoking discussion with other success-minded women who are involved in entrepreneurial and managerial pursuits;
- >> experience “protected time” away from the office which will allow you the creative space you need to work on your own personal development;
- >> define success for yourself, including the identification of specific perfections you’d like to achieve in your own life;
- >> learn why people - including ourselves - tend to do what we do - even when it’s not in our best interest;
- >> experience the power of life-changing thoughts and shifts of intention; and
- >> be inspired to move forward quickly toward your goals and true desires.

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RSVP online at [www.a25hourday.com](http://www.a25hourday.com)  
or call toll-free at 1-888-802-0294.

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Presented by:

## A25 Hour Day with Joy Duling

Friday, July 11th - 9:30 a.m. - 3:30 p.m.  
Kickapoo Creek Winery, Edwards  
Please dress comfortably.

\$129, includes all retreat materials, lunch  
& a 20-minute, one-on-one post-retreat  
planning session with Joy Duling

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### Topics for Retreat Discussion & Personal Reflection

Money  
Self Care  
Relationships  
Skills  
Pleasures  
Lifestyle  
State of Grace  
Professional Success  
Personal Evolution  
Community  
Communication  
Integrity

## How to Have a Perfect Life

- 1) Know how you measure success.

Start living your life by design.

- 2) Abandon perfectionism.

Replace perfectionism with self-care.

- 3) Accept, then perfect, what isn't perfect.

Acceptance is the first step toward perfect.

- 4) Enjoy an absence of personal problems.

Life's too short for problems of any kind.  
Become a problem-free zone.

- 5) Automate the business of your life.

Don't you have better things to do?

- 6) Upgrade your personal and professional network.

People bring you the best opportunities in life.

- 7) Seriously invest in a special skill set.

The more you can deliver, the more you can earn.

- 8) Have whims worth following.

Perfection occurs as you respond to what tugs at  
your heart and fills you with passion.

- 9) Perfect your self-care.

A perfect life isn't sustainable without advanced self-care.

- 10) Lighten your footprint.

Need less. Be more.

- 11) Evolve your sources of energy.

Design advanced sources of motivation.

- 12) Raise your standards, reduce your expectations.

This raises you above the muck of life into the realm of perfect.

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### About the Retreat Facilitator

Best known for her "make-it-happen" attitude and her ability to connect big picture strategy with real world action, Joy Duling helps time-pressed individuals and organizations discover the leverage they need to achieve amazing goals.

Joy holds a Bachelor's Degree in Psychology from Eureka College and a Master's Degree in Social Work from the University of Illinois at Champaign Urbana with specialization in Policy, Planning & Administration.

She regularly speaks to business and nonprofit groups on issues of planning and performance management and is a member of the International Association of Facilitators.

A 25 Hour Day, LLC was launched in 2005, after Joy had spent more than a decade planning and managing key projects for government and nonprofits.

Joy's most recent published work, "*The G.O.A.L. Program: How to Achieve What You Really Want This Year*", is a self-study guide to help goal-seekers achieve their personal and professional best. The program is now being used by coaches and consultants globally to help their own clients achieve amazing goals.

Actively contributing to the advancement of causes she believes in, Joy sits on the Boards of several nonprofit organizations - the Cochlear Implant Awareness Foundation, the National Association of Women Business Owners' Central Illinois Chapter and the Peoria YWCA.

She has been a columnist for the Peoria Woman Magazine and currently writes a business coaching column for Inter-Business Issues Magazine.

Joy's own perfect life would be incomplete without the people in her life who are most important - husband Shannon and daughter Avery.

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**Questions? Contact us  
toll-free at 1-888-802-0294  
or visit us online at  
[www.a25hourday.com](http://www.a25hourday.com)**

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The Perfect Life Program was originally created by Thomas Leonard, commonly known as the father of modern coaching. Joy Duling is a licensed instructor for this innovative and life-changing program through Coachville, LLC.

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