

She is a 32-year-old businesswoman who works as a public relations specialist in New York City. She would consider herself as the ambitious type, and thrives off of the respect and recognition from her peers. She makes every effort to bring her “A-game” everyday to work, but at times it can create unwanted anxiety.

Megan is also a dedicated wife who has been happily married for seven years. She is very sensitive to not allow her career to interfere with her marriage, which is why Megan and her husband make sure to set aside at least one night a month for each other to dine together at an elegant restaurant. Spending quality time with her husband and family are very important to her because it takes her mind off of work and gives her moments to unwind and relax.

Megan wants to live a healthy lifestyle that includes a proper diet and routine exercise. She knows that maintaining her own physical and mental health is an important part of her ability to manage all of her responsibilities and maintain a balanced lifestyle. Her diligence thoroughly complements her ambition; however, her commitments to work, her marriage, and her physical and mental healthy have produced underlying consequences – fatigue and a deficiency of time. These consequences have only added stress to her life, and ultimately have voided her of contentment.