



**FOCUS &
SUSTAIN**

**If you and
your money
are not yet
best friends,**

read on...





Eliminate Your Frustrations with Money

Money is hard to deal with. As an adult, you find there are **so many decisions** to make with it.

When increasing obligations put pressure on your money, frustration builds. You may even feel you have **lost control** of your money.

We can help. At Focus and Sustain we are known for helping people **gain control** of their money once and for all.

*“For the first time in my life,
I gained control over money.
It was a lot easier than I thought
it would be.”*

- G.C.



Bring Harmony to your Money Conversations

Unresolved money issues can ultimately undermine a couple's trust with each other. When your money beliefs are not aligned with your partner's, **your money conversations become tense** or - even worse - are avoided.

This does not have to be. Trust and harmony can be restored.

That's where we come in. For over twenty years, we have been helping couples reframe their money conversations so they **feel like a team again.**

"Anxiety over money is never an issue for us anymore. We can discuss difficult things about money in a way we were never able to in the past. We trust each other again."

- D.R.



Become Master of Your Money

If you want:

- **Peace of mind** with your money
- Conversations around money that **strengthen your relationship** with your significant other
- **A system** to track and tweak your money habits

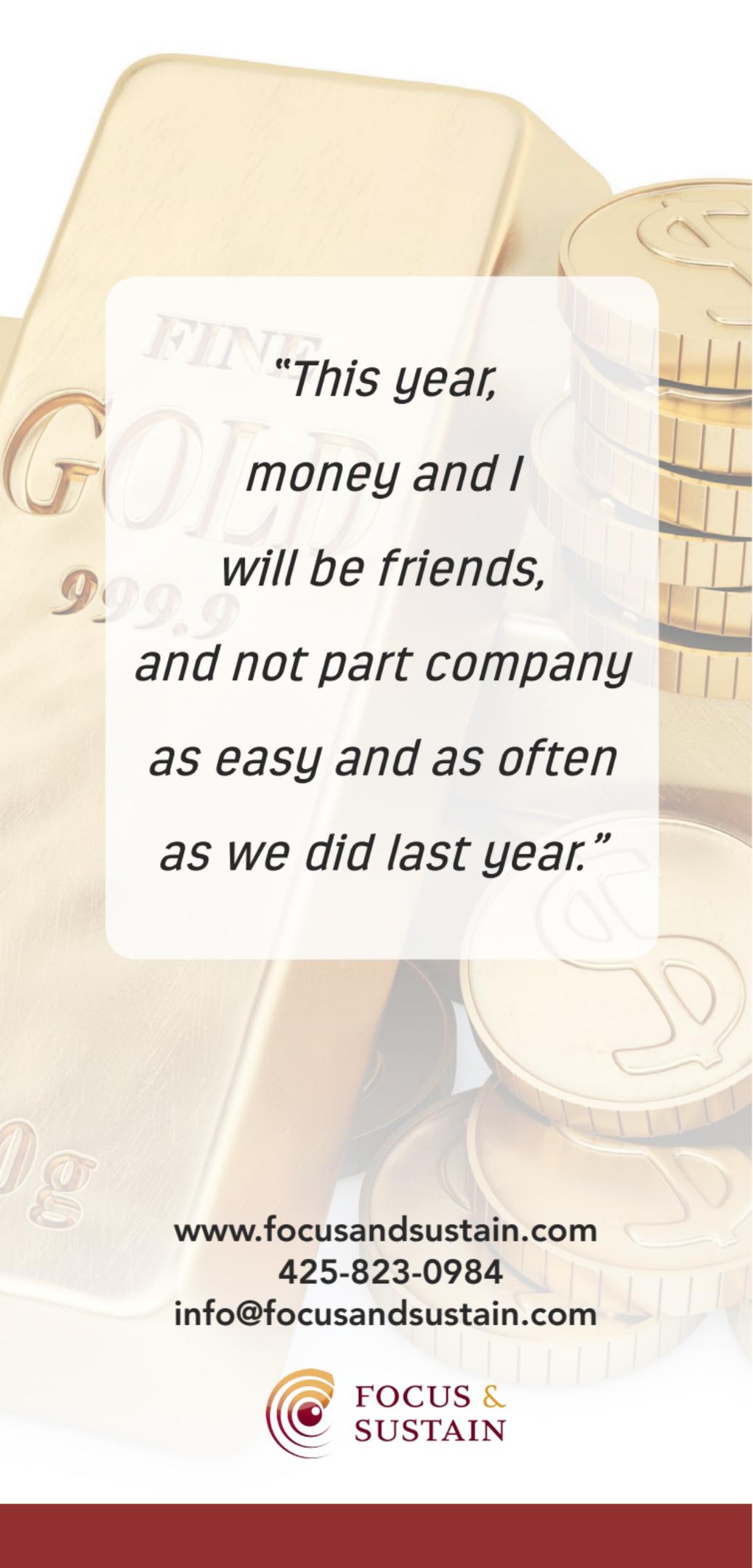
Call us now at **425-823-0984** to receive your **complimentary 45 minute coaching session** where you can discuss your money challenges and objective.

For **over twenty years**, we have been working with people, just like you, to help them **become stewards** of their money.

We can help you
transform your
money anxiety
to
money mastery!

Go to the Money Focus page at
www.focusandsustain.com
and **take your**
Money Focus Assessment.

Find out the **next step** you can
take towards **money mastery.**



*“This year,
money and I
will be friends,
and not part company
as easy and as often
as we did last year.”*

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