



Balancing Life

In This Crazy World

Matt and Susie Harloff- WGI Con 2024

What is this session about anyways?

We hope to...

Share some challenges and obstacles that we face as a family fully engulfed in the pageantry arts, and then share how we meet those challenges and overcome those obstacles.



We need your
help today!

Introductions

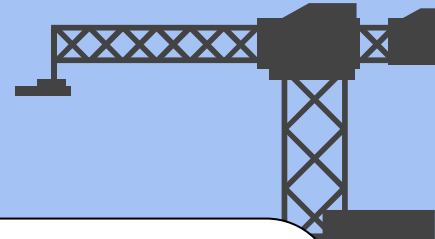
Let us share a brief
history with you!



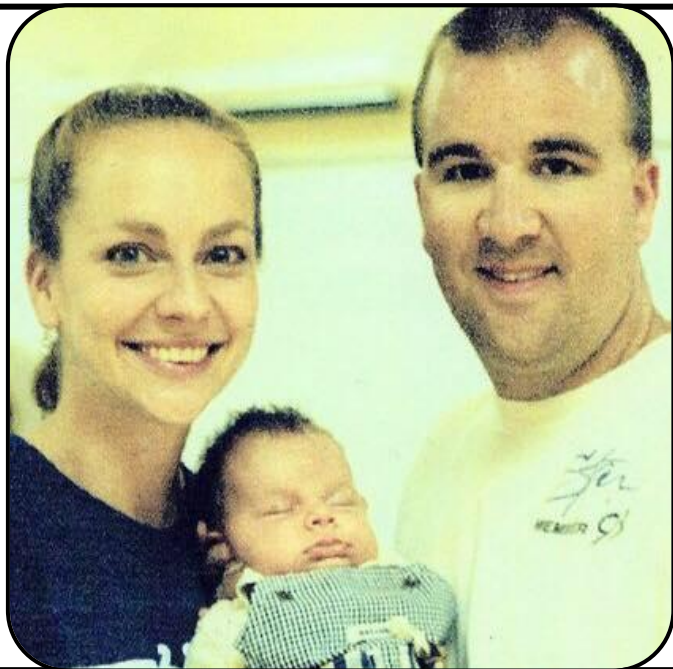
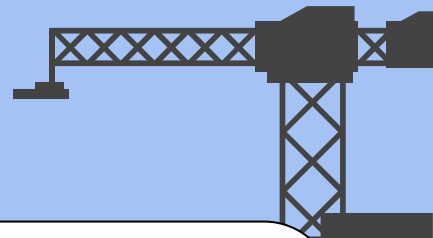
Our Story



Our Story... continued



Our Story... almost done!



Household Management



How Do we Deal with Household Management



SCHEDULES

Use family calendar/
chalkboard walls



CHORES

Build into
schedule/ hire
help



MEALS

Meal prep on
Sundays/ easy
lunches



KIDS

Find the village



What Else?

Jot down some
ideas to share
later

HAPPENINGS

beast

2018
CAROLINA CROWN

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
	Picture Day Shaelyn	1 Hr Delay Shaelyn	👑 Prelims	👑 Semis	👑 Finals	👑 Banquet
AMB 6-9 Susie dentist 5:40 pm	AMB 6-9 Avon Night Out 4-7pm	Shae jazz 8-9pm	Amberle - Candy		Harloff Trunk Lunch	
Grill- burgers/hot dogs	Chicken/ Macn' Cheese	Soup/ Grilled Cheese	Sandwiches/ chips/fruit Salad	Mexican Night	Pasta Night	Left- over

Chalkboard Wall Example



Managing Stress



How Do we Deal with Managing Stress?



**LOOK FORWARD TO
SOMETHING**

Big or small, find something to look forward to



SHARE YOUR STRESS

Venting sessions



**EAT HEALTHY/
EXERCISE**

We cannot help with this



FIND THE HUMOR

Making light of things can sometimes make things lighter



BE PREPARED

Get ahead of things both at home and work



Look forward to
something!

Healthy Relationships



How Do we Deal with Healthy Relationships?



MUTUAL RESPECT

Acknowledging each other's jobs and responsibilities



CULTIVATE INDIVIDUALITY

Allow each other to be their own person



COMMUNICATION

Big conversations and quick text messages



PLANNED EVENTS

Date nights with partner/ kids/ family



What Else?

Jot down some ideas to share later



**Cultivate
Individuality**



**What questions
do YOU have?**

The background features a stylized construction site with a blue sky, black silhouettes of buildings, and a crane. A yellow sign with a black border is prominently displayed in the center-left. Above and below the sign are banners with orange and white diagonal stripes. The overall aesthetic is clean and industrial.

Thanks!

**Check out our
YouTube Channel:
THE HARLOFF HUB**