

Here I Go Again.....1/1/07

One of my dreams was to start my own business and "get out of the rat race". I was so motivated to be able to be my own boss, know that the effort I put into my business would be 100% rewarding , and create more balance in my life. Balance. What a wonderful concept. However, that is something I still struggle with to obtain.

As a life coach, it is very key that I walk my talk, take inventory of my actions and struggles and work through them so I can help others. This morning I realized this out of balance issue crept up again that I create in my life. The beautiful thing is that I create it and I can undo it - again. It's not a bad thing how excited I am to expand my business. There are so many opportunities every day, everywhere I go, to learn more, get more contacts, network - you name it. Learning the Santa Clarita businesses and people I can refer my local clients to is essential. But it is a process. I need to keep myself balanced in order to help others be balanced. So today, I'm regrouping and stopping and writing and realizing that it does not have to be, nor can it be, done in one day.

Oftentimes our best qualities turn against us and we don't even realize it. We have all heard that hard work pays off. Oftentimes we think that the harder I work the better I'll be. Yes, maybe that is true, but there is more to life than work. It's kind of an easy thing to do - work, work, work and feel important and know what you have to do and how you have to do it. Figuring out how to be better at your work, move up the ladder, be recognized, become more efficient are all ways to feel good about yourself. But oftentimes the things that get neglected because of work are the most important things in life. Think about it. Is your life balanced? Are your kids crying for your attention, but to you they are just an annoyance. Will it take a sad situation for you to wake up and realize what is out of balance in your life? Don't wait until that happens. Steven Covey's First Things First can assist with balance. My services can also assist you if you are struggling.