



SEPTEMBER 2009

*“Set peace of mind as your highest goal, and organize your life around it.”
-Brian Tracy*

Happy September fabulous females around the globe! I am just returning back to work after a wonderful few weeks off. For most of us, maintaining the peace of mind & relaxation we feel while away on vacation seems impossible once we enter back into the daily routines of our lives. However, the more life skills we have to do this successfully, the easier the goal of maintaining peace & relaxation in our lives becomes.

So, this month I would like to offer some tips & tools for maintaining that lazy, hazy feeling of summer as we enter into fall; the busiest time of the year for most.

To start, there is one simple prerequisite for everyone; you must first set peace of mind as your highest goal knowing that if peace is what you want to experience most in your life, then you have to be willing to organize everything else around it. Everything! Now, I am sure to some reading this, this seems absolutely ludicrous. Still, I know this is only because it doesn't yet seem possible for you... & that's only because no one has ever taught you or shown you how to do so. This isn't to say that it's easy & that every day will be a walk in the park, still I know & live first hand, that it is possible! So here goes:

1. *In the wise words of Brian Tracy, “Set peace of mind as*

your highest goal, and organize your life around it.” Each day as you step out into the world & meet people, are offered a job, a promotion, an opportunity to do something fun socially, sign your child up for a class or whatever else may cross your path, ask yourself first, *“Will doing this/saying yes to this add peace to my life? Or will it take away from whatever peace I currently have?”* Most of us don’t ask ourselves *this* question. We allow ourselves instead, to say yes to certain things because they ‘sound fun’ or because we worry that if we don’t say yes we’re ‘missing out’ or because we feel like ‘we should.’ These are not decisions or choices then, based on your best interest...& that undoubtedly, makes your life more complicated, stressful & difficult. So before you do *anything*, ask yourself this one question first!

2. Learn to prioritize. This is a difficult concept for many, still it’s absolutely necessary if you are to live a peaceful life. Ask yourself, with everything on your plate at the moment, “What honestly, can wait?”

Not sure how to decipher what’s most important today & what can truthfully wait until next week, next year or next month? Then make a list of every single to do, want & goal you’ve got in your head right now, look at your list immediately & ask yourself this question: *“What’s most time sensitive?”* Do that first! Bills due tomorrow or else you pay a late fee? That’s your top priority today...over meeting up with friends for drinks tonight. Cancel! Wanting to get married & have children & you’re nearing 40? That’s your top priority over a career transition because biologically speaking, this goal is more time sensitive. However, you can always transition into a new career in your fifties. Bottom line: if there isn’t a time frame on it, it can truthfully wait. Remember, you can’t do everything right now so prioritize!

3. Let go of your addiction to being crazed or your fear of being happy! This one is also another challenging concept for some still the ugly truth for many is that some of us like going, going, going all the time. We can then complain about how hectic or difficult

our life is. Well, stop the insanity! Start by owning what your part is in anything that may feel constantly chaotic in your life. Ask yourself, *"How do I contribute to the chaos I'm experiencing?"* Also, for some, give yourself permission to be happy. Life doesn't have to be a struggle so remind yourself this daily. Tell yourself each morning as you brush your teeth & look at yourself in the mirror that day, *"Today I give you permission to be happy, to say no to some things, to enjoy your life & allow yourself the experience of peace."* Life is short ladies so enjoy it!

4. Know that truly, less is more. I think a lot of people really do believe that bigger is better & that more is too. However, it's just not true! Having more requires more upkeep, more responsibility & more time...all of which take away from the overall quality of your life! So, maybe wanting more kids sounds great in theory, still perhaps for you the number of kids you've already got would allow you to enjoy them each more & give you all better quality of life. Or maybe owning that second home or renovating your kitchen feels key to your happiness as you think about it, still perhaps right now, there is already enough on your plate. A year from now you can revisit these goals & at that juncture find more free time to pursue these desires when they'll actually contribute to your peace & enjoyment.

It is my hope that each of you amazing women experience peace of mind & relaxation to some degree each & every day. Even once this summer season is long gone & your annual vacation, over. Happy September ladies! I hope you all enjoy a peaceful, relaxing start to this fall season.