

Subject: **Buoyant Life LLC Newsletter**

Date: March 23, 2007 3:02:38 PM MDT

To:

Reply-To:



Buoyant Life LLC Newsletter

Hello, friends!

This month's article highlights the importance of being clear about your values and priorities. Inspecting your own priorities periodically gives you great insight into where your valuable time and energy is best spent, and can help you feel more focused, balanced, and energized.

The topic speaks to me in particular this month as I plan for my workshop "Remodeling Mom" in April. I will be using a creative approach to assist moms in looking at their lives, what their needs and priorities are today, and how to remodel their lives to accommodate those changing priorities. It is going to be a lot of fun and I'm excited about it! For [details and registration](#) for this fun workshop for moms - [click here](#).

Please enjoy the article, and pass it along to everyone you know who would enjoy it.

Warmly,

Lauren Still, MBA, CTACC

Certified Personal Life Coach

Buoyant Life LLC

Your Life and Work, Do They Reflect Your Priorities?

By Kate Steinbacher

Do you ever think about getting organized so you have more time for the things in your life that are important? Often people ask me if coaching can help them organize their life in a manner that will take care of that issue for them. My first question is always, "What are you really asking? If you are asking if I can help you have 25 hours in a 24-hour day, the answer is a resounding, NO! If you are asking for support and coaching to help you set your true priorities and learn to live them, yes, coaching can help."

It is not always that we are unorganized or inefficient in the use of our time. Many times the true issue is that we have allowed the outside world to dictate our personal priorities. If that is happening to you, you probably have some of the following symptoms: A feeling that you are gerbil running in a wheel. A fear that if you stop running you will be run over and that to step off the wheel is not possible. You never have time for your family or the things that are fun. No matter how hard you work it will never all be done.

These symptoms can be a reflection of inefficient use of your time or lack of organization or it can also be your having given away your power to decide for yourself what will be most important in your life.

Whatever the cause, or combination, the starting point is getting control and clear on your priorities. So much of our lives may seem dictated and out of our control. You can take back control. The first step is to take a close look at what is absolutely necessary and non-negotiable. Survival items like food, shelter and clothing generally come first. After we have met those criteria we are truly at choice. This is where priority setting comes in. We each have the opportunity to decide for ourselves what is truly important. What is it for you? Is it success at

work? A job you are passionate about? Time allocated for entertainment. A healthy lifestyle. Time enjoyed with the family and friends. For many people it is a fine balance of all of those items.

Organization and time management can insure we get the best use of our time and that little or none is wasted. If a person is well organized they generally have what looks like a lot more time because they accomplish so much in a day. Organization and time management are necessities for those of us who insist on a full life with many facets. Often times just getting organized can give us back precious hours we can then choose to spend on other priorities.

Once we are organized, and have taken back the lost hours, we are still faced with the reality of 24 hours in a day, no more. Then what? This is where priorities become important. We get to decide what is most important and use our time accordingly. This can often be a struggle, because we want to, feel like we should or feel like we have to "do it all". The strange realization for many of us is that regardless of what we do or don't, the world will probably go on and the "in" box will always be full. One less business proposal out may mean a potential loss of financial gain, but the lifelong connection created with your son or daughter because you were there when they hit that first home run is immeasurable.

Coaching Challenge: Review your priorities. Decide what the top 5 are in your life. Then take your 168 hours of your week and determine how many hours you will spend towards each priority. Don't forget sleep! Then see how your week goes. If the balance is too far to one side or the other, look at possibilities to tip the balance back. Make changes and try again until it feels right.

Are you ready to re-examine your priorities and put them into action? Call me to discuss this further - I'd love to help you grow.

Do you know others who would enjoy this newsletter? Please forward it to everyone you think would get something from it.

REMODELING MOM Workshop - Let the "real you" shine by looking at your life as a remodeling project: do you need to restore, refresh, demolish or add on? For [details and registration](#) for this fun workshop for moms - [click here](#).

Live well, be happy.

Lauren Still, MBA, CTACC
Certified Personal Life Coach
Buoyant Life LLC
lauren@buoyantlife.com
www.buoyantlife.com
303-668-1386

Life loves to be taken by the lapels and told "I'm with you kid, let's go!" - Maya Angelou

You have received this newsletter because you are a person associated with Buoyant Life LLC. If you do not wish to receive this newsletter, please click [here to unsubscribe](#).