

MIND MATTERS: Juggling Life

Before we begin revving up for Fall and all it's planning, sporting and studying, let's take a moment to reflect, recharge and regroup, and bring balance upfront in our minds. Here's a metaphor about juggling priorities from Brian G. Dyson, former Vice Chairman of Coca-Cola, which wonderfully illustrates the importance of balance.

Imagine life is a game in which you are juggling at least 5 balls in the air. Call them Work – Family – Health – Friends – Spirit, and you're keeping all these in the air. You soon understand that WORK is a rubber ball. If you drop it, it will bounce back. But the other four balls – FAMILY, HEALTH, FRIENDS and SPIRIT are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same.

How CAN you create balance in your life? How DO you protect the glass balls?

1. Avoid comparing yourself with others. Seek instead to find the uniqueness and beauty in your own self. There's always someone out there with more, less or better, making you feel like not enough.
2. Set your goals by what you, not others, deem important. You know what's best for you.
3. Reflect regularly on your blessings. Give thanks, show appreciation, demonstrate you care.
4. Try to live in the NOW. Regrets about the past and constant planning for the future leave you without a present. By living one day at a time, you live ALL the days of your life.
5. Don't be afraid to learn. Knowledge is weightless, a treasure you can always carry easily.
6. The sweetest apples often have blemishes. Learn to accept and love yours.
7. Living freely means taking risks. Risks might mean failure. But without chancing it, you'll live a life of mediocrity and boredom. Risk exhilaration!
8. Look for joy in the little things. Celebrate even the smallest success.
9. Be willing to look for love, and accept it when you find it. The quickest way to receive love is to give it; the fastest way to lose love is to hold it too tightly; and the best way to keep love is to give it wings.
10. And, my favorite four, from The Four Agreements, by Don Miguel Ruiz:
 - Be impeccable with your word. Use the power of your word in the direction of truth and love.
 - Don't take anything personally. Nothing others do is because of you.
 - Don't make assumptions. Find the courage to ask questions.
 - Always do your best. Accept that it changes, and you'll live your life intensely.

BELIEVE IN YOURSELF!

* * *

Wendy Jameson, MA, offers business development and strategy coaching and consulting through her company, Potentiate (www.potentiate.net). She's an author, counselor, consultant and life adventurer. She lives in Gilbert with her husband, two boys and pet menagerie.