

## Can You Have It All?

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What does your “self worth” look like? No, not the financial type but the personal, inside of you type. Have you taken time to invest in you? Are you a workaholic? Are you so busy earning a living that you don’t have a life? You may care for your body regularly but what about your mind, your heart and your soul? Are you using a treadmill consistently to protect your heart but do you do anything to nurture it?

What about your family? Do they wish you would spend more time with them? Do their hearts need nurturing too? Do you think to yourself, “but I gave at the office and I have nothing left to give at home?” Or, do you drag yourself into the house at 6:30 every night, still having to fix dinner, prepare lunches for the next day and barely have enough energy left to carry on a five minute coherent conversation with your spouse? Even though your story may vary, if you’re thinking “boy does she have a crystal ball”, then this Feng Shui energy message is for you.

How do you change your life and turn on a dime? How do you stop bankrupting your time and energy? Just how do you put an end to your constant need to work and fulfill your obligations yet find enough time to refresh yourself and nurture your heart and soul to say nothing about doing the same for your spouse and family? That is truly **the question** for the 21<sup>st</sup> century. **Can you have it all?**

### Three Ways to Invest in You

Let’s do a little mental exercise to help you focus. Picture the most relaxing place you’ve ever been. Go there right now mentally. If it’s near the ocean, feel the breeze, taste the salt in the air and listen to the waves. If it’s in the mountains, breathe and smell the fresh crisp air and actively see the beauty around you. As you have mentally placed yourself in the location, how do you feel? Are you more relaxed, is your headache gone?

Now stop the exercise. Do you still feel the same, or has something changed? What has changed? You are still sitting in the same place in the same room. Has something changed? Did your nurturing process come to a stop as soon as you shifted energy to the present? While you were doing the exercise you were nurturing your heart, you were at peace and relaxed. As soon as you stopped you slipped right back into your stress filled world.

This is a simple example on how to nurture your body and soul during a stress filled day. Unless you nurture yourself, how can you possibly nurture others, friends in need or your spouse and/or family eagerly awaiting your arrival at home every evening? The secret here is; nurtured families and friends make for a more peaceful environment around you. And a nurtured self provides you a better life filled with more peace and harmony.

Should a more balanced nurturing lifestyle be your objective? It's important in your financial portfolio isn't it? What good is a balanced financial portfolio if your workplace and your home are not balanced and peaceful? This is all about the quality of the lifestyle you live. Without equal planning to protect and preserve your health plus your personal relationships with family and friends, you or they may not be around to enjoy that balanced financial portfolio.

Step 1, create at least two or three relaxing "escape scenes" that you can mentally travel to in a moments notice. You only need to stay there 30 seconds for it to help but would receive maximum benefit if you stayed there for one minute. Also always go there for a full minute before you leave work at the end of each day.

Step 2, on your drive home, check the radio for traffic conditions only if you must then listen to a tape or CD of your favorite relaxing music. Do have at least three choices because different ones will work better on different days. Be sure that the majority of your drive home is peaceful and definitely not news or talk radio.

Step 3 is probably the most nurturing. The last thing you should think of when going to bed every night is “my life is balanced and I am at peace”. Say this to yourself right now “my life is balanced and I am at peace”. Write this in your Day Timer or on your calendar as a nightly appointment. Make it so automatic that your mind will remind you if you forget to say; **“my life is balanced and I am at peace”**.

Three steps are all you need to help you balance your “self worth” portfolio. When you nurture yourself you can share more positive energy with your family and friends. Positive energy provides you and them a more balanced self living in a more peace filled environment. When you nurture yourself, the most direct benefit is a less stress filled happier life.

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