



From the Time Balance / Life Management Series: Bless Your Stress — Figure out the Missing Piece to your Peace

More than half of America is on anti-depressants and everyone talks of balancing, burnout and the latest drive through fad to simplify one's life. We can even consider drive through visualizations to say good bye to our loved ones! Some even believe if you just take “the purple pill” your life will be magically transformed. Our fast paced culture demands that we change or be changed. Yet it fails to reward those critical moments to pause, reflect and reassess. When is the last time you really took the time to ask yourself, “Is my life full or is it fulfilling?”

How are you relating to the stress in your life and using “good stress” to propel you in the direction you want to go. This program will help you prioritize and focus so you can be “busy being” more than “busy doing.” Come prepared to challenge yourself with laughter, audience participation and awareness in nine areas of your life and learn what simple steps you can take to create more joy and balance in your life.

In this program, you will learn:

- ★ The top priorities in 9 areas of your life
- ★ What is good stress and what is bad stress
- ★ How you define your relationship to stress
- ★ How you distinguish between what is urgent verses what is important
- ★ Why laughter is a cheap effective medicine
- ★ What your belly is telling you
- ★ Steps to use your time more effectively

“I always base my personal fashion taste on what does not itch.”
Gilda Radner

“Meaning is not something you stumble across, like the answer to a riddle or the prize in a treasure hunt. You build it out of your affections and loyalties, out of experience of humankind as it is passed on to you, out of the values for which you are willing to sacrifice something g. The ingredients are there. You your talent and understanding, out of the things you believe in, out of the things and people you love, out are the only one who can put them together into that unique pattern that will be your life. Let it be a life that has dignity and meanings to you. If it does, then the particular balance of success or failures is of less account.”
John Gardner, author of Excellence and Self Renewal.

“When we leap to a decision or have a hunch, our unconscious ... is sifting through the situation in the front of us, throwing out all that is irrelevant while we zero in on what really matters. And the truth is that our unconscious is really good at this, to the point where thin slicing (snap decisions or having a hunch) often delivers a better answer than more deliberate and exhaustive ways of thinking.”
Blink by Malcolm Gladwell