

Momager™ Tips from Christine Martinello –

What Does Balancing My Life Even Look Like?

By: Christine Martinello

“Imbalance keeps us moving. If you can learn to laugh whenever you trip, teeter, or fall, you’ll start to appreciate how much a misstep can teach you.”
Author unknown

Are you interested in improving the quality of the things you do each day? We’re not talking quantity, we’re talking quality! If so, life-balance is for you. Rather than attempting to get more done, I am encouraging you to do more important things in your life (like being a queen) and less unimportant things (like cleaning). This means knowing when to say yes, and when to say no, and not feeling guilty. Ahhhhwho will admit to being good at saying no?

Doing what you enjoy and being with people you love (or at least like) brings a sense of well-being & balance.

People often ask me how I stay balanced. Well, I had to be totally off-balance and burnt out (a few times) before I understood the wisdom of balance. One day I knew I met ‘life burnout’ when attempting to be out of the house at 6:30 am for a corporate training program. Steven was complaining of a tummy ache and proceeded to lose the contents of his stomach on my lovely suit. It’s 6:25 am. I had been up twice during the night, and felt like all I was doing was rushing, rushing, rushing, for at least a year. Through the fog I kept hearing myself say to friends. “Things will slow down in the spring, fall, winter.” Whatever the next season was. I had visions of slowing down, but it always eluded me. Everything had to be done perfectly and on time or else chaos would break out. That day I snapped and realized I couldn’t do it anymore.

Now, after letting go and re-arranging many work, home, and volunteer commitments, I am much more proactive about balancing and know how to continually balance. Because if mom doesn’t have enough energy and feel good, no one’s gonna feel good.

Here are 3 tips to help you see life balance clearer.

1. Visualize what balancing your life looks like and feels like for you.

Use all your senses. What would you see, hear, feel, taste and smell? What would your ideal day and week with your family look like? What is the mood like in your home? How would everyone look and speak to each other? How would you act even in the most challenging circumstances? (Because you know they'll come.) If we can visualize what we want, that's the first step in obtaining it.

2. Think about what you need and/or want to do for; You, Your family and Your work.

On Sat or Sun, plan the week ahead and set goals in these three areas. Like re-filling the gas in the car, try to fill up on 'high-test' so you can run smoothly through the week. This strategy ensures you're planning life according to your priorities, not anyone else's.

3. Daily spend time in reflection thinking about balance and setting goals.

(Nothing too fancy here ~ just 5 minutes a day will do.) Sometimes the goals can be as lofty as exercising 3 times a week or as simple as whispering and cuddling with your child today. Make sure your goals are specific, under your control, and write them down.

I hope you'll be honest about what matters most to you, and schedule your time accordingly. Our most precious resource is time and it's always slipping away from us. You are in control of your time. You can create or re-create whatever you want. After all, you created a new life. Now for the challenging part – sustaining all your family member lives including you!

Christine Martinello shows you how to create empowered relationships at home and work. She is a motivating and fun speaker and author of *The Momager Guide: Empowering Moms To Leave A Loving Legacy*. To bring Christine's insights to your organization call 937-428-7951 or visit: www.momager.com