

Momager™ Tips from Christine Martinello

Decide what's most important to you -- then live it!

By Christine Martinello

*“Living is a form of not being sure, not knowing what next or how.....We
guess. We may be wrong,
but we take leap after leap in the dark.”*

~Agnes DeMille, dancer & choreographer

If you're like most moms, the choices of things to do are endless. Work commitments, family schedules, hobbies, exercise, church, and volunteering, all tug at our time like a receding tide. In fact, the sheer volume of choices can leave us feeling like we have a case of vertigo. Balancing is a lot like the tide, sometimes it's in and you feel great and elated and life is wonderful. Sometimes the tide is out and you are unbalanced and can't seem to reach what you want.

There is hope. You have the capacity to balance yourself, to set your own priorities and agenda. Our influence over ourselves can be far stronger than any other influence.

It takes some soul-searching and re-prioritizing. Three main questions have to be considered.

1. What's most important to you? Self, Family, Work.
2. What fills you with energy and passion?
3. What goals are you going to set and how will you attain them?

Let's get real about balance.

Balance is achieved when we feel harmony with others and our work. To expect this every moment of every day is crazy. At times we can feel a sense of profound peace that we are doing the right thing at the right time. That feeling, however, is fleeting and is countered with times of unbalance, which awaken in us our deep-seated beliefs and values. Something isn't right. But what? We have to explore to figure out how we can make our life

right for us. Leaders don't wait for others to figure this out for them. They figure it out for themselves.

So the goal may not be a life balance like a perfectly balanced scale but a plan for continual life balancing that looks more like a tight-rope walker. Whoa, don't look down. Look straight ahead at the end of the line to your goal. Look at where you want to finish, and then take just one baby step at a time.

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