

# ***IT REALLY IS ALL ABOUT YOU.***

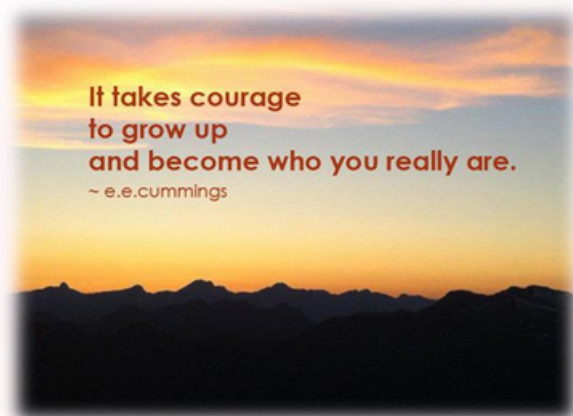
## **1. You are number one**

Contrary to what you're taught you have to take care of yourself first. I will use the analogy of when you are on a plane and the flight attendant gives you the briefing about what to do if oxygen is needed? You must put the mask on YOURSELF first before assisting others. What good can you be to anyone if you are in terrible shape yourself? So, the first order of business in creating balance is SELF CARE. Do you eat well, do you exercise regularly, and do you take vacations and or time out?



## **2. Get to know yourself**

Ask yourself: Who am I? And what are my values and priorities? A good way to engage with these questions is through journaling. Writing crystalizes thought, so be brave, get a special journal and begin a relationship with yourself. Light a candle; create a quiet space, do whatever it takes to prioritize a time for YOU. Spend 5 minutes a day writing for you. This empowers you to live to your authentic self, how peaceful is that?



### 3. What are you currently tolerating?

What and who sucks your energy and drains you? What are the annoying things that if you eliminated them would free up more time? It can be anything from a squeaky door that bothers you to not having office equipment working well to relationships that are draining or toxic. Make a list of these things and begin to handle them. Get them off your plate.

**tolerating** present participle of **tol-er-ate** (Verb)

Verb

1. Allow the existence, occurrence, or practice of (something that one does not necessarily like or agree with) without interference.
2. Accept or endure (someone or something unpleasant or disliked) with forbearance.

### 4. Develop a really good support system

Let's face it we all need support and sometimes it's hard to ask for help. Often times the difference between getting successful results or not depends on how well supported you are. Surround yourself with likeminded individuals that uplift and inspire and be that for others to.



## 5. Nurture your spirit and your dreams

I LOVE this question. What lights you up? Is it nature, culture, great conversations with friends, your relationship to a higher power? Consider spending regular time every week with these things. This is the time that refills the well, so to speak. By paying attention to what inspires you, you begin to build a reserve of energy to draw from when you are stressed.

Take responsibility for where you are and also for where you will be. Where we are and who we are is the direct result of the choices we have made. I love knowing that because in a moment and a decision you can change it or enhance it. There is always choice.



I invite you to play with these **5 strategies to find balance in your life** (even if you only can manage one or two, you will receive benefit) and see what starts to happen...

**Creating work-life balance** takes courage, commitment, willingness and support. When you incorporate these structures and strategies into your life you will get results.

Aren't YOU worth it?

It's YOUR life...imagine the possibilities!

Life is like a camera...  
**FOCUS** on what's important,  
**CAPTURE** the good times,  
**DEVELOP** from the negatives,  
And if things don't work out.  
Take another shot.



*Martine Carroll*

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