

Women of Courage



Jamming The Breaks When Enough is Enough!

I'm old enough to remember 'cowboy' pictures and my favourites were where some old 'critter' (aka person, usually male) would be sitting chewing tobacco outside a bar, by the camp fire or some other very suitable place. And he would always say the obvious to the lead actor like, "Goldarnit... yer just gone and done it agin, aincher?!"

Well, I need that old critter here and now because, like many women, I lead a busy life juggling personal and career and about 15 too many projects all at the same time. And once again my dearest body has had to yell at me "SSSTTOPPP!"

Luckily I now hear that message at the stage of extreme tiredness rather than the slipped disc or mysterious-viral-infection-that-takes-weeks-and-weeks-and-weeks-to-clear-up. So...

How do you know when enough is enough?... Ongoing tiredness, headaches, muscle aches, stomach aches, irritability, heart racing, lack of sexiness (oh no!)... some of the many many symptoms of stress that if not listened to and treated will probably turn into the dreaded 'depression'. If that's you, stop!

#1 Have the courage to admit 'Enough is Enough!' You are not Super Woman and she wasn't real anyhow.

#2 Make a list of all the things you're doing and involved in.

#3 Prioritise from your heart... not your head. Tick those things that bring you enjoyment. Of the rest tick only the absolutely need-to-do items.

#4 Cross out the rest and say "NO NO NO NO NO!" to them in whatever way you can. Trouble saying no? Sign up for my ezine!

#5 Include 'Me-Time' as an utterly un-negotiable priority must-have! Lack of Me-Time is part of what got you into trouble in the first place.

#6 Prioritise the things you enjoy and the things you absolutely-need-to-do. Get a week at a view calendar that you carry with you and plan them in. Look at it frequently *and* stick to your plan!

You'll start feeling better very quickly once you've carried out these steps... especially after saying 'NO!' to the many things you don't really want to do.... sooo delicious!

#7 And now's the time to start eating better, book that massage, evening class, exercise, have a weekend away, drink lots of water. And, hey, subscribe to the Women of Courage ezine for even more purpose, passion and power!

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