

SAYING YES TO WHAT MATTERS AND NO TO THE REST.

Around spring of last year, I found myself with way, way too much on my plate. Not only was I working to grow my business, but I was involved in two nonprofits and working on several side projects and commitments, not to mention trying to have a family life and some free time for myself. Yes, I know, it happens to coaches too!



I felt like I had my hand in so many pots, that I had no energy or focus for what was really important. I was overworked and my health and relationships were suffering.

I called it the **"Hockey Pokey"**. Do you know that kid's game? I kept putting my foot in and put my foot out, maybe an arm in or out of everything I was involved in, but I wasn't putting my whole self into anything!

By being partway into so many things I wasn't doing anything well and I was feeling guilty on top of it! Can you relate? There just wasn't enough of me to go around.

It had gone on too long. So here's what I did:

I wrote every project and commitment that I had on note cards, one per card – including both business and personal.

Then I sorted them into a **"Yes"** pile for things that I was really committed to and that were really important to my life and a **"No"** pile for everything else. The list was split about 50/50.

I looked at the list of "Yeses" and tried to gauge if there was enough of me to do all the things well that were on the list. There wasn't. So grudgingly I moved a couple more projects to my "No" pile. Tough work!

I then stopped doing or resigned from everything that was on my "No" list. That was hard, especially where it meant saying "No" to people I was working with on projects.

Now, here's the good part –

By stepping in more fully, and devoting myself to the things that mattered, like magic I had more time, fresh energy, new commitment and motivation for the "Yeses" in my life.

*My focus and commitment created better results faster
and I felt more balanced, happier and in control in my life!*

Try this simple exercise. I will make a huge difference in your business and your life.