

How many hats do you wear?



These days, people are into collections. People collect anything from baseball cards to figurines to cars, dishes or toys and the list goes on and on! I'm not big into collections but I do have a couple of odd ones that I bet would surprise you. I have a collection of antique hats (some pictured here) and a large collection of pipes! Yes, pipes, the kind you smoke. (My real dad used to sell pipes and I inherited his collection.)

Anyway, when John and I got married and I packed up my hat collection to move and thought about how many hats I already wore and how many new ones I was about to put on. I am a wife, I am a mother, I run a company, I am a personal coach and I direct a seminar once each month. I am a daughter, I am a sister, I am an aunt, I am a friend and the goes on.

How in the world are we supposed to keep our lives balanced with so many hats? There are days I feel completely unable to juggle it all and I find myself having to choose what I can complete in order to be able to ever bring my day to a close. Then when I wake up the next day and add the unfinished items to the new day's list and by 8:a.m., I'm already having to decide what I can get to. Then the next day is the same and on and on it goes.

I am truly a blessed woman with a very full and productive life and while it can be a challenge, there is no other way I would want it to be. I LOVE my life and I LOVE my hats! I certainly don't have a life that a wimp could take over! Lately several people have asked me how I manage to do so many things, especially professionally.....and I have given it some thought.

Over the years, I've learned to balance my need to succeed, with my need to actually *have* a life that is fun and fulfilling! I have managed to create a healthy balance by: 1.) never blaming anyone for my situation 2.) working hard 3.) playing hard and 4.) choosing to be fully present in my life. That means making choices, not just letting life *happen* to me and 5.) choosing to be joyful and not whining! NEVER WHINING....no matter what! OH, and when I can't do it all.....I don't do guilt!

Perhaps you too wear a lot of hats in your life and if so, you know it's easy to feel overwhelmed from day to day about meeting the needs of all your personas. So how do you balance your

life? How do you get it all done and still find time to take care of yourself? Where do you get more energy, when you're all out?

I want to recommend a book to you called 'The Power of Full Engagement'. It's a great guide that addresses how to be fully present in your life and how to create new energy when you feel you're tapped! My other advice.....wear only one hat at a time whenever possible and sometimes, just throw them all off and just have fun!