

Finding Peace Amidst the Turmoil of Life

Regardless of the time of year, looking at one's personal legacy is always in style. Especially in the hustle and bustle of the impending holiday festivities, it is easy to forget to reflect daily on the most important aspects of life. Please take a moment, sit back from the push of your daily routine and tune in to the real you. This is always where the action is...in the quiet and still moments of reflection.

Daily life as a business person affords us many blessings: opportunities for financial success, job satisfaction, using our creative talents, meeting interesting people...whatever we decide to make of the day. There are also many potential pitfalls that lead to stress, energy drain, and conflict between all the elements that compete for our time and mental/emotional space. So what is a woman to do?

Here are 7 simple steps that can help you to find and maintain your center, and to find a space of peace amidst all the conflicting factors of daily life.

1. Set aside 10 minutes daily to have your personal time alone ... just to BE ... no "doing" is allowed during this sacred time. If you can find more time, that is all the better!
2. Use the empty spaces during your day to focus your mind, body and spirit on basically nothing – that is, "no-thing". Allow your focus to be on feeling at ease, peaceful, unfocused ... out of the realm of measurable productivity ... into the realm of feeling appreciative ... feeling "at ease" is the best preventive measure against "dis-ease". This can even take place in the elevator.
3. Practice looking at things in a new way. Assess how important it is to be the first in line, the first into the parking space, leading the pack in the fastest lane of traffic ... and in other areas of your life. We are so accustomed to competitiveness, winning, maximizing, jumbo-sizing our lives that we are run by habits of thought, beliefs and activity levels. What would happen if life was not a race? What would happen if I dropped some of my "busy-ness"?
4. Slow down for even a few moments throughout your day. Did the world stop because you took 10 deep breaths and took care of yourself? Did I care enough about myself to place my needs for a break ahead of the demands of my environment?
5. Look someone in the eyes and include that person in your life for a moment. It could be the clerk at the checkout counter, your child or your friend. Extend yourself into a "personal regard moment" where you acknowledge the connections between people – yourself included. We all feel better to know that we are here for this connectedness. It is okay to let go of your agenda.

6. Remember to appreciate those who are in your life every day. Send out thoughts of fondness, love, admiration, or any other positive feeling. Often the one who might “get on my nerves” would be the best candidate for this beam of approval – it could even turn the situation around over time. The power of gratitude and appreciation is immeasurable.
7. Give something away today. This can be a moment of your undivided attention, a gesture of affection, a compliment, a donation, a favor, a gift of service ... whatever you choose. When we give we also receive – as long as we do not expect to be rewarded for the act.

The most important ingredient of a happy life is to make the choices necessary to create a legacy of love. That is the gift we give to ourselves as well as to others. Feeling loved and loving actually creates happiness. Wow! That’s quite a gift.