



Your Ideal Life – is waiting for you...

Imagine, just for a moment, that you are living Your Ideal Life. Pretend that you are fully satisfied with how you spend your time and energy and you are taking steps everyday towards living your hopes and dreams. Your next big achievement is just around the corner....you have the lifestyle you have always dreamed of...imagine...

- What does your ideal life include?
- Imagine how it feels to be actually living it...

It is easy to get caught up in the busy-ness and demands of everyday life and forget that things really could be different. We can lose sight of our own needs and interests as we juggle kids, partners, schedules, laundry, meals, chores... the endless roles we play. But what if things in your life were less chaotic? More satisfying? More interesting? More adventurous? More about You? hmmm...

When life is challenging and problems jump in your way, it can be tempting to try to do *more* in the hopes that it will make things better. It can seem logical at the time to 'try again' and 'try harder'. Often, a better solution is not to do more things, but instead to do things differently and *smarter*. For example, when the closeness of a loving relationship is wilting due to minimal time or attention, rather than trying to fit in chunks of time together, perhaps the key is adding shorter bits of *quality* time together. Brief, thoughtful, personal, memorable moments together can contribute more than a long evening sitting beside each other watching TV. Or, when it comes to parenting, perhaps when a teen consistently breaks a certain rule - although enforcement is always recommended - maybe the rule itself needs a little

tweaking to prevent an exhausting power-struggle. New and different approaches can save a tremendous amount of time and energy; **more is not always better.**

Human beings tend to be creatures of habit, BUT... Each of us has certain comforts and patterns we feel familiar and secure with and we like a certain amount of predictability. Without examining things more closely, it may appear that our habits are helping us. In many cases, however, our comforts may actually be limiting us and preventing us from getting what we really want in life.

You may have heard the term "Comfort Zone". It refers to the range of experience that each person is comfortable and familiar with. We experience degrees of stress if we extend ourselves beyond our comfort zone - on the positive end of the stress scale there is excitement and ecstasy, on the other end of the scale, terror. There are endless degrees of experience and emotions in between. Comfort zones are very individual and an experience does not need to be "negative" to be outside our comfort zone, just unfamiliar and emotionally charged. While one person may feel positive stress while sky-diving (excitement), another may feel terrified even thinking about it - yet both persons can be outside their comfort zone. One person may easily talk to strangers, while another feels nervous and self-conscious. Once we start to expand our comfort zones - by trying new things that are good for us, but that may feel a little uncomfortable at first - our experience grows, confidence grows and we become more interesting individuals. This doesn't mean you need to take up race car driving, but stretching yourself one step at a time towards your dreams can feel great!

A little quiz...

Think about how rich and satisfying your life is today in the following areas. Give yourself a score in each area of your life from 1- 10.

A score of 10 would be flawless - it means that this part of your life is ideal and could not be better. (Well done !!)

A score of 0 means the exact opposite,

A score of 5 means it is okay, but could be much better, etc.

___ **Finances** - income, savings, investments

___ **Socializing** with friends - how often, quality of your connection; is it frequent enough?

___ **Career** - how you spend your hours relating to work; your days

___ **Love Relationship** - is it satisfying and fulfilling...

___ **Family** - communication, overall closeness

___ **Health & Lifestyle**

___ **Self care** - time for you - is there enough? Any?

___ **Spiritual** - rejuvenation, reflection; feeling at peace with your life and choices

___ **Creativity/hobbies/free time** - do you make the time?

___ **Your surroundings** - are they comfortable, functional, beautiful, organized?

___ **TOTAL** - / 100

Now let's take a look at your scores...

Which areas are the lowest....highest....what is your total overall?

Is this good enough for you, or are there improvements to make?

How close are your scores to your Ideal Life? Perhaps focusing on improving one area at a time is a place to start, or maybe you want to begin a whole lifestyle 'make-over'.

If your score isn't what you would like it to be, and if you are ready to make some changes, an efficient and effective way to succeed is to check in with some experts in the area you want to improve.

If you aren't as fit as you'd like to be, check out your local fitness class, trainer or facility. If your home is not meeting your standards, consult a professional organizer, feng shui consultant, designer or the tradesperson that may be able to help you improve your circumstances. If your plan of action is a bit blurry, or if it is your lifestyle and how you spend your time that may be of concern, check in with a Life Coach. Coaches can help you sort through your priorities and create time-saving plans for change and success. It can be easier - and more fun - to follow-through with plans and change habits when you have a partner (especially a neutral partner who has only your needs in mind). A good Coach can be that partner and help you stay on track and connected to what is most important to you.

Life is busy and constantly offers distractions - don't keep your Ideal Life waiting any longer...

Kelly Talbot (M.Ed., CLC, Certified Feng Shui Consultant) draws from her training and experience as Lifestyle Coach, Business Coach, Counsellor, Educator, Feng Shui Consultant and Professional Organizer to provide unique workshops, consultations and coaching to clients both in-person and virtually... www.kellytalbot.com