



Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

I Don't Have Time For That!

September 2007

Can you recall a time when you said, "I don't have time for that?" The phrase often creeps into our vocabulary. Do we really lack time? Is what we don't have time for really another way of saying something is not a priority? Or does our belief that we never have enough time create a limit in what we accomplish?

Like so many homeowners, I recently undertook a renovation project. This particular project involved demolishing my kitchen and installing a brand new one. I procrastinated for a full year before taking action. My primary objection to beginning was that I did not have enough time to tear apart the room, displace my cooking equipment, lay the new floor, mount new cabinets, and wait for countertops. Despite my timely objections, the project loomed and inevitably began. And, a strange thing happened - I found plenty of time to devote to the project. How'd that happen?

Eventually the energy drain of walking into an old kitchen with rickety cabinet doors and disintegrating particle board shelves took its toll and pushed me past my limits. The priority of replacing the kitchen to create a functional, fabulous space outweighed my excuses.

Furthermore, I adjusted my belief about how much time I had in the evenings to devote to the kitchen project. I shifted my thinking from "I only have an hour so I can't accomplish much" to "I have an hour. What can I do?" Big difference in how I viewed an hour's worth of time!

What do you say you don't have time for? Exercise? Revising your resume? Organizing your office? Do you lack the time or has the task just not hit the top of your priority list? Possibly you are not uncomfortable enough with the way things are to make it a priority and create change.

Furthermore, you may not start taking action because you believe you have a time shortage. You create a limitation when you believe that you cannot accomplish something in the time you have. Your beliefs become your reality.

Thus, two ways to avoid saying "I don't have time for that" are being honest about, and reorganizing your priorities if necessary, and changing your beliefs about time. First, identify your priorities by making a list of what is important to you. If some activity is not happening in your life, that activity may not be enough of a priority for you to make time for it. Another possibility is that you will have to shift your priorities and let something less important fall off your list. If you have to shift your priorities, list the benefits you will receive if you change your focus. Knowing your benefits increases motivation.

Next, change your language and beliefs about time. Instead of saying "I don't have time" change your words to "I have plenty of time to accomplish what needs to be done." This simple shift in language moves you from a constant rush to a more relaxed, focused place that allows you to accomplish more because you are aware of your actions and less scattered.

These two steps are how I made time for the kitchen project. I reorganized my priorities and let some things fall lower on my list such as housecleaning (the project created a mess anyway), personal time for reading, no TV shows, and no weekend excursions. I could live with these changes as they were temporary. And, I repeatedly told myself I had plenty of time to accomplish the tasks I needed to do. In reminding myself of this, I stayed focused and kept the project moving forward without falling behind on work or household chores like laundry, bills, and groceries.

When we know what our priorities are and believe we have enough time instead of believing time is slipping away, we find much more time than we thought we had. What a wonderful discovery!

Upcoming Workshops

Women Rock – Friday September 21st, 7:30-9:30pm

This 2-hour program will help you tap into your mental and physical strengths as you discover how the rock wall is a metaphor for life and life's challenges. Feedback from this program is **phenomenal!** The women who have participated have learned about their strengths, expanded their comfort zones, understood how they face challenges, and discovered new ways to overcome obstacles. Join us for a ROCKIN' night and walk away feeling empowered!

Fee: \$25 members/ \$35 non-members

Paige Stanton, Performance Selling Solutions, www.performancesellingsolutions.com says - I re-discovered the positive aspects about myself through simply challenging myself to try something new. Suzette really helped us to uncover how each one of us approaches life and how we can improve on it. The other women there were all so supportive, it brought out everyone's true colors. I highly recommend this fun and wonderful event to everyone!

Women Rock will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Register online at <http://www.bigvanilla.com/arnold/adultclasses.html>, at Big Vanilla's Front Desk or call 410-544-2525 or 410-757-7326.

Find Your Balance - Monday, October 8th, 7:30-8:30pm

Feeling out of balance? The Wheel of Life Assessment helps you assess balance and fulfillment in your life. Discover which areas of life you are thriving in and which areas need support. Learn how to use your strengths to build balance in your life. Fee: \$20

Workshop for Women - Sunday, October 21, 1-3pm

Feeling frazzled and tired? Are you always on the run? When is the last time you took time for yourself? Take a couple of hours to stop your world and gain perspective. Learn how to eliminate energy drainers and how to say "no" gracefully. Discover why "selfish" is NOT a dirty word! Meet and connect with other women as we discuss how meeting your needs fits in with significant others, children, friendships, careers and all the rest that is your life.

Fee: \$40 per person. *Bring a friend and pay \$60 for both to attend!*

Holiday Stress Survival Plan - Wednesday, November 7th, 6:30pm-7:30pm

Do you dread the holidays? Do you hate the rush of events and the endless holiday tasks? Does January 1st leave you wondering where the time went but the credit card bills tell you what you did? Learn how to manage holiday stress and spending so that you can have a peaceful holiday focused on what matters most to you.

Fee: \$20

Holiday Eating Survival Guide - Thursday, November 15th, 7-8pm

Avoid gaining those unwanted pounds over the holiday season. Learn practical tips and tricks that allow you to eat your favorite holiday treats without the excess weight. Fee: \$20

All workshops will be held at the Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold. Register online at <http://www.bigvanilla.com/arnold/lifecoaching.html>, or at Big Vanilla's Front Desk, or call 410-757-7326.

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