

Momager™ Tips from Christine Martinello

Break Through To Lead A More Balanced Life

By Christine Martinello

“It is woman who keeps the world in balance.”

~Mrs. Chalkstone, suffragist

1. ***Admit to yourself you can not do everything today!*** Our culture has such unrealistic expectations placed on us, especially for women. With the dawn of feminism, some pretty unrealistic expectations have surfaced. “Bringing home the bacon and frying it up in a pan” is a crock! Most women who are bringing home the bacon are ordering out fast food. Let’s get real and try to do what we can and stop beating ourselves up about what we can’t do.

2. ***Ask yourself: “What is really important to me now?”*** There are three main areas of our lives 1. Self (and your relationship to God) 2. Family 3. Work/Profession. Think of these areas as the points of a triangle. It’s important to prioritize these three areas and then compare how much time and effort you really give these areas. For instance, 15 yrs. ago when I 1st did this I was single and the line-up was 1. Work 2. Family 3. Self. Now that I’m the mother of 3 school-age children my priorities are 1. Self 2. Family 3. Work.. And my day to day life activities reflect these priorities. We feel unbalanced if we really don’t know our priorities and how much weight we want to assign each one. Sit quietly and think about your priorities, your answers will surface. Life balance means balancing the outer success of achievement with the inner success of family & personal growth.

3. ***Think about the ‘wheel of life’, containing 5 categories; physical spiritual, social, financial, and intellectual.*** How would you rate yourself in each of these areas on a scale of 1-10. 1- dissatisfied to 10 - fabulous. Take some time and think about “How are you really doing” in these areas. Be honest with yourself. You may feel great emotionally and socially but physically your body is tired and run-down. You may love your work and are intellectually stimulated but you have no real friends. If a spoke on the wheel is broken, it’s unbalanced and won’t carry the load for long.

4. ***Build a support network.*** Reach out to your husband, friends, other parents, relatives, cleaning ladies, massage therapists, gardening guys, and your children. The list could go on and on (because we're amazing) but you get the picture. Ask yourself, who could do this other than me? Then enlist their help and let it go.

Instead of thinking about balance as a perfectly balanced scale, think of a tightrope walker who is continually trying to balance. She is never still, and always balancing, becoming better and more comfortable with balance.

Sometimes we waver off-balance, rarely do we stand still, and there's a huge safety net of God, family and friends to hold us and support us. Just think of the benefits of being balanced -- less stress, more peace, satisfaction and joy inside ourselves, our homes, and our work places. Hhhmmm~doesn't that sound wonderful?

Christine Martinello shows you how to create empowered relationships at home and work. She is a motivating and fun speaker and author of *The Momager Guide: Empowering Moms To Leave A Loving Legacy*. To bring Christine's insights to your organization call 937-428-7951 or visit: www.momager.com