



***Are You On Fire?
Or Are You Burning Out?***

BUILD THE LIFE YOU WANT

Most powerful is he who has himself in his own power.
-Seneca

**You Can Turn Your Stress Into Success...
Be Happy Under Stress and Creative with Your Power!**

Your mastery over your personal power determines the quality of your life. Enthusiasm and contentment begin with self-mastery including:

- knowing what you want,
- overcoming obstacles,
- going into action,
- managing your emotions and
- relishing the rewards.

Achieving what you desire depends largely on your ability to go into action with intention. You may not know what you want, you may possess fears that block your sense of self, your beliefs, your action or you may not have the internal or external resources to succeed.

This workbook takes you through the winding journey of identifying more of:

- your **dreams or destinations**,
- your **road blocks**,
- the **vehicles** that take you there,
- the **burning desire** that drives you ahead and
- the **skills to savor** not only the satisfaction but the trip to success.

Bon Voyage!

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POWER -- Ability to act with intention
 Freedom: capable to act on desire
 Will: power to control action

1. Problem Solving

Symptoms of Stress

Physical Symptoms	Yes	No	Emotional Symptoms	Yes	No
Headaches or Dizziness			Irritability or anger		
Facial Tics or Twitches			Moodiness or Depression		
Dry Mouth			Nightmares		
Backaches			Withdrawal from others or loneliness		
Nausea or acid stomach			Anxiety or feelings of panic		
Rapid or difficult breathing			Frequent episodes of crying		
Changes in appetite or weight			Feeling incompetent or overwhelmed		
Cold Hands and/or feet			Behavioral Symptoms	Yes	No
High Blood Pressure			Grinding of teeth		
Frequent colds			Foot or finger-tapping		
Tense neck/shoulder muscles			Nail biting or sweaty palms		
Insomnia or excessive fatigue			Pacing back and forth		
Frequent urination			Changes in relationships		
Mental Symptoms	Yes	No	Sudden change in social habits		
More forgetful than usual			Chronic absenteeism or tardiness		
Difficulty concentrating			Reliance on alcohol, drugs or medicine		
Hard to make decisions			Lack of interest in sex or dysfunction		
Negative attitude and thoughts			Shakiness or trembling		
Constant worrying			Increase in accidents and errors		

Determine which stress symptoms appear more often for your personality?

Physical: _____

Mental: _____

Emotional: _____

Behavioral: _____

Sources of Stress

On a scale of 1 to 5 (1= no worry; 5 = lots of worry), indicate how much worry each of the following events would cause you:

Work Pressures	1	2	3	4	5
New Software	1	2	3	4	5
Difficult Personalities	1	2	3	4	5
Loss of Job	1	2	3	4	5
Conflict with best friend	1	2	3	4	5
Loss of all your savings/money pressures	1	2	3	4	5
Your child addicted to drugs/alcohol	1	2	3	4	5
Threat of nuclear war	1	2	3	4	5
Breakup of significant relationship	1	2	3	4	5
Death in the family	1	2	3	4	5
Appearing incompetent or a failure	1	2	3	4	5
Receiving insults, put-downs or criticism	1	2	3	4	5
Overwhelmed with responsibilities	1	2	3	4	5
Not meeting deadlines/Quotas	1	2	3	4	5
Your best work being criticized	1	2	3	4	5
Forced to conform to convention	1	2	3	4	5
Being out of control of situations	1	2	3	4	5
Emotional and verbal attacks	1	2	3	4	5
Spiritual life or beliefs	1	2	3	4	5
Sexual difficulties	1	2	3	4	5
Parents	1	2	3	4	5
Physical health problems	1	2	3	4	5
Marital conflict	1	2	3	4	5
Politics	1	2	3	4	5

Personalizing Stress

Look at the Symptoms of Stress and Sources of Stress questionnaires. What patterns can you see in your answers? What particular categories of stressors do you need to manage?

What would be the typical stressors for your personality type?

Personal Priorities

BURNING DESIRE: What is your burning desire? Without a passionate focus or goal you lack intention. Will without a purpose results in confusion, frustration, boredom, stasis or hopelessness. You may be penned-in by no purpose and no plan! Answering the following questions can help you unwind the hopes, dreams and visions that lie within you.

Tombstone Test

YOUR IDEALS: Imagine that someone you care about (your spouse, child, friend, supervisor, colleague, etc.) is visiting your gravesite after your demise. What would you want them to remember about you and your life? What would you want to hear said in memory of you?

REALITY CHECK: Given that description, how is your life currently focused on those priorities? To succeed in becoming that ideal and in accomplishing those achievements, the next pages can help you determine how you would need to re-prioritize your thoughts, time and resources.

Checkbook Test

YOUR RESOURCES: One powerful method to determine your current priorities is to observe where you spend your resources. If you were to ‘guesstimate’ the top five categories for your typical spending, what would they be?

OLD PRIORITIES

Most of my money generally goes to:

Defining Desire

The three times in my life I felt most confident and excited about something I had done are:

1. _____
2. _____
3. _____

The things I truly value for my quality of life are: _____

The dreams I left behind:

For more: request Heather's Passion List!

TRUE PRIORITIES

If you were to focus your resources on your ideal goals, how might your top five categories change?
I need to re-designate my money to:

Brainstorm Solutions

Discuss how your current stressors keep you from staying true to your true priorities.

My Seven Steps to Setting Goals

1. My **values** which support this goal are: _____

2. **I believe** I can because I have what it takes: _____

3. Achieving this goal will bring me these **benefits** (if appropriate, include a dollar amount):

4. This is realistically a) where I am today: _____

and b) this is what I'm willing **to let go**, to give, to pay, to change and/or to do:

5. My Plan of Action includes accomplishing these tasks:	6. By This Time:
a. _____	_____
b. _____	_____
c. _____	_____
d. _____	_____
e. _____	_____

7. My **burning desire** for reaching this goal is: _____

2. Overcome Your Obstacles

Road blocks to your dreams can be internal or external. To sail over those obstacles, you need to know what puts you in a pressure-cooker of stress, what robs you internally of will and intention.

Overcoming Habits or Internal Obstacles

Internal Obstacles

1. Where are you on the continuum? Mark the line according to how you respond to pressure.
2. Note the traits closest to the 5; these are your strengths. Depend on yourself to have these attitudes when in a stressful experience.
3. Note the traits closest to the 1. These are the attitudes you struggle with the most.

	1	2	3	4	5	
Impatient _____						Patient _____
Exhausted _____						Energetic _____
Defensive _____						Open _____
Perfectionistic _____						Efficient _____
Controlling _____						Able to Let Go _____
Rigid _____						Flexible _____
Closed to Change _____						Open to Change _____
Insecure _____						Confident _____
Blaming _____						Accountable _____
Dependent _____						Self-Reliant _____
Passive _____						Active _____
Need to Look Good _____						Mistakes OK _____
Distant _____						Available _____
Aggressive _____						Cooperative _____
Worried _____						Problem Solving _____
Approval Seeking _____						Trust Myself _____
Disorganized _____						Organized _____
Overwhelmed _____						Calm _____

I could improve these attitudes by: _____

Say “Yes,” before you say, “No.”

*If you can't say, No,” then
“Yes,” has no meaning.*

The Sandwich “No”: If you are one of the large proportion of people who have a difficult time saying, “No,” learning to use The Sandwich “No” can help you avoid this obstacle in managing your time, energy and priorities.

1. Two positive statements
2. The “No”
3. A closing positive statement.

For example:

- + *Tracy, I know this project is a priority and you need help.*
- + *If it were any other day, I'd be happy to give you a hand.*
- *However, today, it isn't possible because of my commitments.*
- + *Can I get you any information before I have to leave?*

- + *Terry, I'm so glad you called; it's great to hear from you.*
- + *I would really like to spend some time chatting with you.*
- *However, it isn't a good time for me right now.*
- + *Could I call you back sometime on Thursday?*

Taking Your Power Back - Taking Stock of Your Obstacles

Physical Stressors

Leave Your Body Alone: Follow every impulse to eat junk food, drink alcohol, take drugs, have unsafe sex with lots of people, and above all--feel guilty about it.

Don't Rest: Ignore tiredness; keep on going no matter what. Never take a sick day.

I avoid physical activity and exercise by: _____

I make excuses for poor nutrition by: _____

Life Balance Stressors

You learn balance by losing it.
-Unknown

Dedicate Your Life to Work: Above all don't take time off for yourself or for vacations. Be the most obedient, productive, perfectionistic worker and look down on those who 'chill' as being disloyal, weak and lazy sluff-offs.

Dedicate Your Life to Play: Don't care about anything other than what feels good to you. Be totally true to your needs and freedom. Remember that worker bees have a dull life, dutifully file taxes and needlessly complicate their lives by caring for others.

Take Life Seriously: At all costs, avoid goofiness, laughter and humor. You'll make a fool of yourself. Besides, life is serious and demands great forbearance.

I avoid recreation, play and relaxation by: _____

I avoid work and tasks or procrastinate by: _____

Mental Stressors

Self-Defeating or Irrational Thoughts

1. If I can't do it perfectly, then it won't be any good.
2. Since I told my boss how I feel, I'll never be comfortable to speak again.
3. It's awful to make mistakes.
4. I must always be competent.
5. I should be stronger and more in control of my feelings.
6. If someone criticizes me, I know I've done something very wrong.
7. Others should see things the way I do.
8. If I am not loved or liked by everybody, something must be wrong with me.
9. There's nothing I can do about the way I think, that's just the way I am.
10. I guess I did well on one project, but if I don't do well on all of them, I'm not good enough.
11. If I mess up, then the whole thing will fall apart.
12. Oh, it's nothing; anybody could do it.
13. I must have done or said something to cause what's happening.
14. I failed; I didn't get the right amount of accurate research together.

I think negative thoughts about myself: _____

I think negative thoughts about others: _____

Emotional Stressors

Express All Emotion: Dramatize all of your feelings to get sympathy so everyone will know how pitiful you are, will feel guilty, and will take care of your problems for you.

Repress All Emotion: Make sure you never show how you feel. Build the pressure inside until you're ready to explode or you feel like a powerless victim. NEVER cry.

Make Misery: Do things that make you feel miserable, sad and frustrated. Follow the opinions and advice you get from others. Notice all the ways you are victimized by people and the world and how you are 'in a rut.'

Get Mad: Foster resentments, and criticism against others and especially yourself. Plan revenge for the wrongs done by others. Be self-righteous about your jealousy.

Be Ashamed and Guilty: Be self-conscious and focus on all the things you know aren't perfect or good about yourself. Dwell on all the mistakes and blunders you have made in the past and how they have deprived you and others you care about.

Be a Worrier: Imagine the worst that can happen, visualize the images, feel it happening and obsess about it. Make sure that you worry most of the time.

I get out of control with my feelings when: _____

I am afraid to express my feelings because: _____

I make myself miserable or mad about: _____

I worry or feel guilty about: _____

Over and Under Emotionalism

Over and Under Emotionalism: Anger and chronic crying are over-expression of feeling with indiscriminate control. Depression is under-expressed emotion. All three are secondary responses to frustrated emotion (usually a mixture of anxiety, fear, sadness or hurt) which is not expressed appropriately. Causes of this kind of emotional immaturity often appear as belief in hopelessness, helplessness, lack of control, lack of choice, or in the necessity of suffering or blaming.

I regret expressing my anger and frustration: _____

Since anger is not constructively expressed in the presence of someone else and I need to get it out, the best ways for me to work through my anger and frustration are: _____

My chronic crying dumps feelings of hopelessness about: _____

My depression is repressed feelings of hopelessness about: _____

I need to take action to get out of feeling as if I have no choice in these ways: _____

Spiritual Stressors

Stay the Same: Protect yourself from even thinking about the possibility of change. Do the exact same thing consistently knowing that, sooner or later, you'll achieve a different result. Remind yourself of all the failures and disasters created because of crazy new ideas and inventions.

Keep Very Busy: Don't take any time to contemplate forgiveness; plan revenge, make sure people know how they have made mistakes and ruined your life.

I compromise my spiritual needs by: _____

I refuse to or am afraid to change because: _____

I need to hold grudges because: _____

I don't take quiet time because: _____

Relational Stressors

Isolate Yourself: Reject social and personal interaction. See intimacy as a trap that is fearful, smothering and manipulative. Remind yourself that you are abandoned and wounded when you trust someone else.

Never Be Alone: Be sure to stay busy and always be with someone to make sure you never feel alone or abandoned. Keep yourself interacting with others; that way you won't have to be introspective nor have the time for a contemplative life. Spending time with others will ensure that you won't be required to know yourself objectively and encounter your depths.

Ignore Kids: Children need to have unstructured time so let them live their own lives. Encouragement gives them big heads and accountability limits their freedom.

Blame Others: It's their fault that you have difficulties and challenges.

Hide Your Truth: Be careful to hide your true feelings and opinions. Others don't understand and they'll use them against you. If you do show your sadness, fear, frustration or joys, you'll really look foolish. At any rate, the best way is not to feel your emotions at all.

I avoid people and isolate when: _____

I'm afraid to be alone and so I can't: _____

I have to take care of others because: _____

I ignore time with kids and friends because: _____

I don't express my real feelings and needs because I'm afraid: _____

I can't say "no" to anybody because: _____

I won't consider counseling because I'm afraid: _____

Communication

Listening Aptitude

1. When you listen, do you frequently think about the point, response, story or defense you want to state?
2. Do you interrupt others frequently so you can have your say?
3. Do you continue reading, writing, cleaning or otherwise avoid eye contact when you are listening?
4. Do you frequently feel impatient, antsy or bored when you are listening?
5. Do you usually want to rush the person you are listening to?
6. Do you frequently think you know what people are going to say and cut them off before they finish with comments like, "I know what you mean," "Yes, I know, but..." or "I've got the picture"?
7. Do you generally prefer to talk first and then listen?
8. Do you feel like listening is a waste of your time?
9. Do you usually notice or feel uncomfortable when you are not the center of attention?
10. Do people close to you frequently complain that you don't listen?
11. Do people frequently repeat themselves or talk louder and more emphatically in an attempt to get your attention?
12. Are you frequently preoccupied with your own thoughts and concerns so that you are not tuned-in to the world and people around you?

If you checked even one of the above questions, you have a listening problem that can interfere with your personal and professional relationships.

* * *

For more: request Heather's Communication Guide

Expressing Aptitude

1. When you speak, do you frequently avoid being completely honest by being afraid to stand up for the point, response, story or defense you have in mind?
2. Do you allow others to interrupt you frequently and give up trying to speak?
3. Do you continue reading, writing, cleaning or otherwise avoid eye contact when you are talking?
4. Do you frequently feel rushed, anxious or inadequate about expressing yourself fully because you feel it's a waste of other peoples' time?
5. Do you usually want agreement with your opinions before you express them?
6. Do you frequently 'put your foot in your mouth' or wish you could take back what you said?
7. Do you generally prefer to talk only if it feels safe?
8. Do you feel like expressing yourself fully is a waste of your time?
9. Do you usually avoid confrontation?
10. Do people close to you frequently complain that you don't communicate?
11. Do people frequently repeat themselves or talk louder and more emphatically in an attempt to get your feedback?
12. Are you frequently preoccupied with your own thoughts and concerns yet feel incapable of expressing them to people around you?

If you checked even one of the above questions, you have an expressing problem that can interfere with your personal and professional relationships.

* * *

For more: request Heather's Communication Guide

Conflict Resolution

Airing Grievances:

In any relationship there are disagreements. The keys to solving problems with others are **understanding and cooperation**. A structured meeting can be the best way to allow all concerned to air grievances.

Discussion vs Confrontation:

Emotions have no place in resolving grievances. Emotional confrontation is emotional manipulation and escalates grievances by compromising emotional and/or mental safety. Intelligent discussion begins resolution through understanding of both sides.

Problem Solving:

Those involved in settling a disagreement need to be willing to find a solution which almost always requires compromise or cooperation from one or all parties.

Personal, Family or Marriage Meetings:

The first few meetings may feel clumsy and self-conscious if there is no precedent. However, the benefits of discussing ideas, needs, values and complaints as well as planning work and play in a safely structured setting reinforce the pattern for kind and respectful living at home.

Guidelines:

- Meeting goals are communication and agreement
- Family members participate as equally as possible (incorporate younger children as you can).
- Focus on win/win outcomes--solving problems (rather than complaining or arguing).
- Take care to listen and to hear desires/opinions, not to judge or to give advice.

Logistics:

- Same time weekly, about 30 to 60 min. (be respectful and stay on time).
- Rotating chairperson who keeps meeting focused on agenda items and on time.
- Use safe communication techniques (see below).

Safe Communication:

1. **Focusing:** Choose agenda item.
2. **Sharing:** Person involved shares ideas or airs grievance without emotion.
3. **Mirroring:** The other person(s) reflect what they heard by 'mirroring' the speaker's ideas without emotion. They may begin their sentence with: "What I heard you say is..."

Person either confirms accuracy of the mirror or re-phrases.

Speaking and mirroring continues until clarity or understanding is achieved.

1. **Problem-Solving:** Person asks for what they need. Other person(s): a) mirrors, b) checks for accuracy and c) either agrees or suggests a compromise.

Meeting Procedure:

- Read minutes of last meeting.
- Discuss 'old business' items.
- New business from the agenda (posted during the week so members can add to the agenda).
- Summarize points discussed and agree on individual commitments or compromises.

Sample Agenda Items:

- Family members' weekly schedule, tasks and activities.
- Discuss problems or issues.
- Plan family fun, meals, quality time, etc.

I need to express these grievances: _____

My old ineffective patterns of dealing with problems were: _____

I need to listen better in this way: _____

I need to let go of controlling: _____

I need to stop pleasing others by: _____

I need to be more willing in problem solving in these ways: _____



3. Walking Your Talk

Internal self-mastery prepares you for achievement. The next leg of your journey is action. You require the ability to engage your will, your drive and to change behaviors, move forward.

Relaxation Techniques

Relaxation Breath

1. Close eyes
2. Put all attention on breath
3. Follow air through nose, throat, lungs
4. Feel belly and lungs expand
5. Follow air out
6. If mind wanders, bring attention back to breath
7. Repeat

Progressive Muscle Relaxation

1. Sit comfortably, close eyes
2. Begin with breath awareness
3. Tighten, then relax muscles throughout your body: begin with your face, then neck and shoulders, arms, etc., and end with your feet

Visualization (<http://www.guidedimageryinc.com/guided.html>)

1. Sit comfortably, close eyes
2. Begin with breath awareness
3. Scan your body; relax tense muscles
4. Imagine yourself alone in a beautiful, safe place
5. Do a relaxing and fun activity
6. Notice how relaxed your body feels
7. Bring your attention back to the room and open your eyes

*Music hath charms
to soothe the wild
beast; To soften
rocks, or bend a
knotted oak.*
-William Shakespeare

Music:

1. Playing relaxing music (tempo about 60 beats/min.) will enhance all of these techniques.
2. Find music and visualization tapes/CDs through:
 - Mind/Body Medical Institute 617-632-9525 [http://www.thebody.com/mb/relax.html](http://mindbody.harvard.edu/http://www.thebody.com/mb/relax.html)
 - Hay House, Inc. 800-654-5126 www.hayhouse.com
 - Health Journeys <http://www.healthjourneys.com/>
 - EcaP (Exceptional Cancer Patients) from Bernie Siegel 203-865-8392 www.ecap-online.org
 - Sounds True Catalog 800-333-9185 <http://www.soundstrue.com/>
 - Touch Star Productions www.touchstarpro.com

Conserving and Building Energy

Have Health and Stamina: Be willing to accept responsibility for your physical well-being. Ensure your ability to participate fully in life free from physical limitations. Take control of how you treat your body. Know what energizes you with physical strength and flexibility. Manage your body's needs and resources for vitality and pleasure.

I manage my energy by knowing that the time of day when my energy peaks and when it drops:

I need to drink more water because: _____

I need to sleep more or less because: _____

I take mini-breaks and/or naps by: _____

I make smart decisions about my nutrition, and I need to change: _____

I get the right amount of physical activity through (Walking, sports, activities, or...): _____

I relax by: _____

(Breathe deeply, slowly and saying, "relax" or get into 'hot water,' a bath, sauna or hot tub.)

I balance and build my energy by: _____

I need to see my doctor, dentist or a professional for: _____

Managing Mental Health

Know What You Need: Be sensitive to your internal responses and act in accord with what you need physically, emotionally, mentally, spiritually, relationally and financially.

Take Action: Be active and interactive. Ensure your pursuit of purpose with activities and relationships that bring you fulfillment, joy and growth.

I take time to set my regular priorities: _____

I am able to saying “no” to people and tasks because: _____

I am able to ask for what I need by: _____

I keep my positive and cheerful attitude by: _____

I need to avoid negative daydreaming when: _____

I replace my self-defeating thoughts with these thoughts or affirmations: _____

I can laugh at myself and life with the help of: _____

I limit media consumption to the positive by: _____

I utilize mentoring with these people: _____

Emotional Mastery

Power: Self-mastery depends greatly on your ability to express your emotions maturely. Those who live in a pressure-cooker of stress have not been able to develop emotional maturity. Internal stressors begin with anxiety, fear, sadness, hurt or pain. Passionate people have power. How they use their emotions determines what they do with the power. They may pour their power down the drain, use it as an instrument of destruction or wield it to get what they want.

You can choose to be out of control or artful with your passion.

Answer the following questions to clarify your emotional patterns and how you choose to maintain or change them. You are in control of whether you create an emotional pressure-cooker or whether you use your emotions to motivate and empower your burning desires.

Honor Your Heart: Be careful to remember that your feelings are not **who** you are; they are **responses** to your perceptions of the world. **Feelings are the scent, savor and texture of life.** You can choose to live with conscious passion. Acknowledge and experience your emotions with respect. Express them appropriately. Grieve your losses, resolve your frustrations, share your joy, contemplate your awe. Release your anger in private. Forgive yourself and others.

- The Seven Basic Emotions:**
- 1) Awe,
 - 2) Pain,
 - 3) Fear,
 - 4) Joy,
 - 5) Shame/Guilt,
 - 6) Disgust and
 - 7) Surprise.

Tears: NOTE: Full expression of any of the seven emotions usually brings tears. Tears never lie; they always accurately represent your true feelings. Crying in private or with a loved-one and processing your emotional response through insight or writing can be deeply revealing for you.

Ways I feel comfortable expressing these feelings: _____

Ways I don't feel comfortable expressing these feelings: _____

Ways I want to express my feelings: _____

Things I need to forgive others and myself: _____

Spiritual Health

Picture Your Purpose: Fill your mind with positive images of your dreams, goals and desires. Replace fear and anxiety with pictures that inspire confidence and vision.

Reach for Your Potential: Release unfair expectations, forgive yourself for your mistakes and accept yourself just as you are. See your talents and ignorance as both contributing to your ability to grow and learn.

Stand Firmly for Your Beliefs: Not compromising your integrity brings peace of mind.

I consider the quality of spirituality in my life: _____

I use my imagination, visualization or guided imagery to access my subconscious wisdom by:

I take time for solitude, contemplation, meditation, or prayer by: _____

Treasuring Your Time

I treasure my time by: _____

- Padding time estimates for a win-win
- Limiting overtime work
- Setting reasonable deadlines
- Facing and erasing procrastination

I am organized in: _____

I am solution-oriented through: _____

I Regret Spending Too Much Time On: _____

I Want To Spend More Time On: _____

I Estimate the Time I Need Incorrectly Because: _____

Procrastination Gets in My Way Because: _____

I Work Too Much. This Is What I Need To Find a Better Balance: _____

I Play Too Much. This Is What I Need To Find a Better Balance: _____

I need to assign time packets to these things that I “never get around to”: _____

4. Energizing Yourself

The time to relax is when you don't have time for it.
-Sydney Harris

Support System Success

Share Your Gifts: Give of yourself, your kindness and love. Remember the joy of secret surprises. Learn to continuously develop friendship and romanticism with your mate.

Respect Relationships: Be a sincere friend and partner. Be honest, understanding, caring, dependable and playful. Make intimacy safe; freely forgive yourself and others.

Establish Mentoring Relationships: When you decide on a growth direction, think of someone your senior and ask for structured mentoring. Offer to mentor a junior.
My favorite ways to nurture my family friendships are: _____

I like to listen to and talk with my family when we: _____

I can touch my intimates through: (massage, dancing, hugging, cuddling, intimacy): _____

I ask for help at work from: _____

I ask for help in my personal life from: _____

I talking about my concerns with this friend or counselor: _____

I have these hobbies, creative or artistic expression involving others: _____

I “commit random acts of kindness and senseless beauty” by: _____

I offer my talents and skills as a volunteer by: _____

I offer my talents and skills as a mentor to: _____

I would choose the following people to mentor me: _____

Personal Relationship Enrichment

Learn the Art of Romance: Learn to be creative and willing with romantic living. Whether alone or with a mate, savor the romance of pleasure, vitality and life. Note: this is a **skill!** That means it is developed through education and practice. We sometimes forget that it is women who crave romance and who are the practical ones. It is often men who create romance in a relationship.

My best romantic style is when I: _____

I'd like to develop romance through: _____

Humor and Flexibility

Laugh!!!!!!!!!!: Keep your sense of humor and cultivate people who are funny or who make you laugh. Go to goofy movies. Seek out opportunities to **let go and play**.

I express feelings before they become anger by: _____

I reward myself wisely by: _____

I talk to myself, or write for myself (journaling) with: _____

I know my strengths are: _____

I know my limitations are: _____

I have realistic expectations of myself:

- I admit some things are beyond my control
- I take control of my responsibilities (I don't play victim and don't blame others.)
- I can grieve loss and move past it
- I can forgive and let go of mistakes
- I know how to change guilt and worry to action

I get goofy by: _____

My sense of humor shines when: _____

I create emotional safety by: _____

I bring reason and calm by: _____

5. Rewarding Yourself !

Moving past pressure-cooker coping requires that you value quality of life. Your ability to feel delight and joy limit or expand your enjoyment of the quality you achieve. The French value the ability to experience the art of passionate living, they call it, joie de vivre--joy of life. Here are some guideposts and sources of inspiration to keep you on track with relishing your wins!

Sensory Rewards

Activities: Consider the celebratory aspects of taking a walk, an amusement park, dancing, sports, cycling, etc.

I celebrate best with these activities: _____

Relaxation: Relaxing your body can take many forms. You may need to relax actively or restfully. For example: reading in your recliner, watching a movie, getting a massage, taking a nap, sitting with a cup of tea or listening to a visualization tape.

My favorite forms of relaxation are: _____

Savor: Foods and beverages can be artful rewards whether at home or dining out.

These are my favorite taste treats: _____

I've always wanted to dine out at: _____

Scent: Studies have proven the benefits of aromatherapy. Choose the scents in your home, office and car. Imagine the enjoyment of baking bread or apple pie in your home; scented candles around the bathtub, aromatherapy oils diffused in your office.

I'd like to try some new scents by: _____

Skin Hunger: Most of us don't receive enough touch. It seems as if societal patterns haven't taught us habits of touch. Holding, hugging, a hand on the shoulder connect non-verbally. With mates, cuddling, stroking, massaging can be absent or ever-present.

The forms of touch I enjoy most are: _____

The forms of touch I'd like to have are: _____

Bio Energy: Bodies build electrical charges and need to be discharged. This can be achieved emotionally, physically or sexually.

When I have a build-up of energy, I'd like to: _____

I need to take better control of my energy in this way: _____

Sound: As with the other senses, we can default into unconscious patterns or we can be artful in how we choose sound in our environment. Do you use music to uplift your hearing?

I need to reduce these noises: _____

I like to soothe myself with this sound: _____

I am inspired with this type of sound: _____

I am energized with this type of sound: _____

I celebrate best with this sound: _____

Emotional Rewards

Contentment: Consider when you have felt that all is well with the world, when you have felt satisfied with yourself and your life. When have you felt like purring?

I feel deep contentment when: _____

Joy: The emotional spectrum of joy stretches from happiness to ecstasy. Recall those times when you wanted to laugh or cry because of the delight you felt. Think about what it was that you valued so personally that it could evoke an experience of joy in you.

I feel joy most when: _____

Humor: Researchers remind us that laughter is indeed 'the best medicine.' Have you ever laughed so hard that your sides hurt? What or who is it that tickles your 'funny bone?' What makes you--inspires you, invites you, goads you--to 'get goofy?'

I make people laugh by: _____

I laughed at myself when: _____

My sense of humor responds to: _____

Surprises: How do you respond to surprises? Surprise can be a playful emotional experience as in the delight in a surprise party. Surprise can also create feelings of anxiety. For example many people don't like to have their birthday announced at a dining out experience.

I celebrate surprises for others best with these activities: _____

I celebrate surprises given to me such as: _____

I need to tell people to stop these surprises: _____

Mental Rewards

Think: Taking time for thinking things through can expand your dreams as well as make an outcome more satisfying. Goal-setting and dream-making takes thought and time. Creative thinkers value the fruits of completion on a project by taking time to examine what was successful and what can be learned from the aspects that didn't work.

To allow for creative thinking about my future, I need to: _____

To allow for debriefing time, I need to: _____

Discover: One common delight for most people is learning something new. This might be knowledge, people, skills, arts, etc.

I am eager to adventure into these new activities: _____

If it weren't so risky, I would like to adventure into these new activities: _____

Dream: Very often we leave old dreams behind so we can achieve in other directions. We may give up on them and forget that there may be pieces of those dreams that could have a place in life today. For example, perhaps you gave up a dream of being a jet pilot or an astronaut. You might find enjoyment with radio-controlled aircraft, gliding or flying private aircraft. You may have shelved dreams of being a professional chef--what about traveling to France to take a Cordon Bleu cooking course on vacation?

When I was a child, I dreamed of: _____

Fantasy careers or lifestyles I've dreamed about: _____

Spiritual Rewards

The purpose of art is not a rarified, intellectual distillate—it is life, intensified, brilliant life.
-Alain Aras-Mission

Creativity: Engaging in creative thinking and planning usually inspires and motivates us into action. The essence of creativity connects us with life, energy and expansion.

I celebrate best with these activities: _____

I am most creative with these activities: _____

Quiet Time: Developing the ability to take time for introspection has proven benefits. Accept and make room for whatever appeals to you: day dreaming, contemplation, meditation, or prayer.

I enjoy quiet best with these activities: _____

Nature: Most people benefit deeply from experiences in nature whether it's a picnic under a tree, riding on a bicycle path, hiking in the mountains or taking a walk on the beach.

I experience the awe of nature when: _____

I would like to be in nature more: _____

Love: Expressing love for humanity is usually an uplifting experience. When we give, we encounter other caring people, volunteers, community members. We add to our support system and to our sense of making a difference in the world.

I prefer to serve in these ways: _____

Relational Rewards

Mate: Researchers have established two major aspects of fulfilling relationships: friendship and romance.

For our friendship, my partner and I need more: _____

For our romance, my partner and I need more: _____

Friends: Each of us needs at least one good same-sex friend for mature balance in a support system.

To take care of my friendships, I need to: _____

Colleagues: People we work with or who are in our profession can best offer us support, advice, encouragement, brainstorming and possible solutions. Do you have a mentor or a mentoring relationship?

To add the benefits of mentoring to my career, I need to: _____

Associations: Involvement in professional associations can be beneficial in unique ways.

I would like to try visits to these groups: _____

Life Balancing Rewards

Hobbies: For a rich support system, we often find those of like mind through common interests, studies, sports, arts or hobbies.

My favorite hobbies are: _____

I'd like to try these new hobbies: _____

Volunteering: Quality relationships very often evolve through working side-by-side for a common cause or charity.

My favorite non-profits are: _____

My favorite ways to help are: _____

My favorite ages or groups of people are: _____

Global Activities: Many rewards can benefit in more than one way, such as: retreats, hobbies, volunteering, travel, movies, sex, sports, arts, etc. If you identify multiple levels of benefits, it's a message that you really can't do without that activity to add to the texture and quality of your life.

I celebrate best with these activities: _____

I like to organize celebrations for: _____

How I Take My Power Back - My Synthesis

Create a brief summary of your most important insights from the chapters in this workbook.

Planning My Dreams:

Overcoming My Obstacles:

Walking My Talk:

Energizing Myself:

Rewarding Myself:

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