
A GIFT FROM THE SAN ANTONIO PROFESSIONAL COACHES



This month's technique

Choice and Our Priorities

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CHOICE!! What a wonderful thing it can be! We are indeed blessed to live in a society filled with a smorgasbord of things to do, items to buy, restaurants to check out, and places to see. Texas has so much to offer in historical treasures such as the Alamo. The malls beckon and the theme parks are gearing up for summer. On the personal front, we might wish to put in a new garden or renovate a room in our home. Our children want to participate in soccer, karate, summer camp, or other opportunities that come their way. We know of many worthwhile charitable organizations needing our help.

WHEW!! We might feel a bit over-whelmed by the magnitude of it all. How do we choose what to spend our time and energy doing? How do we ensure we are tending the areas of our lives that matter most?

Elaine St. James is a best-selling author who has written many books about slowing down, simplifying and enjoying more of one's life. She suggests we can at best tend three or four major priorities at any phase of our lives. One of these priorities might be caring for our family, another might be managing a career, another might be volunteering regularly or enjoying a hobby such as golf a few times a week.

How might we apply this wisdom to our lives?

Consider periodically setting aside time to evaluate the pace and content of your life. Create an environment that encourages deep thinking, and spend some time reflecting and journaling to address the following questions:

- ◆ *What are the three or four areas of my life that are most important to me at this stage in my life?*
- ◆ *What changes do I feel pulled to make to better honor and support these priorities? What specific, measurable steps will I take to make this happen?*
- ◆ *What changes might I make to better balance my time, energy and resources between these priorities? What specific, measurable steps will I take to make this happen?*

We are indeed lucky to have so many choices in our lives. The cornucopia that is life can be rich and refreshing if we make choices that support and honor our own priorities. STEP UP AND ENJOY!



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