

Thank G** It's Friday! Making Everyday a Friday

Do you find yourself happy that it's Monday morning? Or, on Tuesday, do you already find yourself having visions of the weekend, perhaps hearing the voice inside that speaks: "I can't wait 'til Friday"?

About 25 years ago a financial advisor named Thomas Leonard observed the same thing, only in a bigger way. His clients charged him with the duty of helping them to secure a retirement fund, along with a college fund for their children... and Thomas noticed that many of his clients were beset with dis-ease. They were unhappy (you could just tell me talking with them), stressed, under fear and pressure. Some were physically sick, some were downright miserable. Then he started to get curious, and he asked some:

"Are the last 10 years of your life so important that you're willing to sacrifice the next 20? Are you clear that you want to give up the enjoyment of living today for the promise of what your retirement might hold for you?"

In the last two weeks I have met with about a dozen people for a complimentary coaching sample. A consistent theme is evident:

"Little time, stress, pressure to build a business, bring in more money...AND...unhappy. "

These are not folks with clinical depression, or some 'dis-order' ... the dis-order they experience is part and parcel of what we in this culture consider normal living. Their level of stress or "dis-ease" is something they have created... so, life's just not nearly as enjoyable for them as it can be.

A large part of what us coaches do is help people to bring some sense or order and peace to their lives; to help them reach and exceed their goals; as someone recently put it: "Coaches help people get unstuck.". So True. So, it's what I'll do for you, now.

The first thing I recommend about 'being present' is to learn to clear your mind. We all have ways we do it, most of us forgot. A walk in nature, a bicycle ride, sitting alone drinking coffee or tea in peace. For me, I meditate...I do grounding exercises. To clear your mind and really be present, the key is to focus on what's going on in the world: the sites, sounds, textures, smells and tastes. You are present when you are experiencing. I have provided a white paper: [3 Simple Ways to Reduce Stress and Increase Your Health](#) which can offer you some guidance here.

In my keynotes: "Moments of Truth" I help the participants begin to choose to do just a few simple things that make a huge difference in their life... think about that for a second: few simple things that make the world of difference. These simple to do's help folks just like you to get more out of each day; to enjoy each and every moment of this precious present we all have.

Today I'll offer these simple things to you.

Start by examining the roles you perform in during the day, then decide what the most important thing/s to do in each role. (you can use the question/answer format below). Then, try on the "Just Do These"; 3 actions that are sure to make a difference in your world. Enjoy my friend!

What Roles Do I Play?

Every day we participate in the world through our many roles. Some of these include: worker; business owner; husband/wife; sibling; son/daughter; friend, etc... take a few moments and jot down some of the more important roles you play in your life:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

In these roles, there is one thing that is most important, something you want to insure you do most everyday, in some way. Take a few moments and list the most important thing (or things) that you want to insure you do most or all days in each of your roles.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



Just do these!!!

a. **Answer these questions:**

Questions 1: What one thing could you do (that you aren't doing now) that if you did on a regular basis would make a tremendous powerful difference in your business professional life?

Question 2: What one thing could you do (that you aren't doing now) that if you did on a regular basis would make a tremendous powerful difference in your personal life?

b. **What It Takes: Say "No"**

To be effective it is up to you to design your boundaries. It is your time and your life! To do this, you need to tell yourself and other people "no" to activities which are outside of what you have designed for yourself; or change the design! Hint: practice saying no starting today just to build the muscle!

c. **Weekly Organizing**

Plan your week instead of your day. Each Sunday, look at your goals and priorities and assign activities throughout your week which fulfill these goals and priorities. Make sure you include the things that are important to you in regard to each of your roles.

Now put it into action and enjoy!

Everyday can be a Friday...you can look forward to each day...just by changing the lense you look through.

To me, these are simple tools...I teach and use them all the time. IF you are having trouble putting some of these things into action, call me, your life is worth it!

Jim Accetta: 847-566-3122

Or email me at Jim@TrulyHumanCoaching.com