



EXCEPTIONAL WOMEN'S COACHING

Living Your Life by Design, NOT by Default

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One of the secrets to well-being is to feel like you have enough time. I know, what a concept! One of the reasons we feel like there's never enough time is because we are constantly juggling multiple roles and focusing on what feel like competing priorities. Or we feel unbalanced because we are focused on one or two top priority roles and neglecting others -- similar to when we overwork one muscle group and ignore another. It just doesn't work.

Take a quick look at your whole life and you might notice that you are excelling at one or two roles, but many of the other roles, (which are also important roles) are not getting enough attention or nourishment. How do you find time in an already crammed schedule to give these neglected roles attention? Many experts talk about 'life balance'. We actually do not subscribe to that theory; instead we like to talk about 'life integration'. When you try to balance your life it creates a constant recalibration and switching of energy and attention from one role to another. These constant transition periods take their toll on you! Instead, think of ways you can integrate your roles creating a mindset of well-being in the process.

As an example, you might be looking for ways to connect more frequently with friends, and you also have an intention to do some volunteer work this year. When you are leveraging the role integration concept, you could look to include your friends in a volunteer effort to make it a win-win.

Integrating the many different roles you play in your life isn't hard, it just takes a little forethought, and it is a great source for your personal well-being. The main question I like to ask is, how can I integrate so that 1+1 equals 3? Here's how:

1. Write down ALL the roles you currently play in your life. (Consider professional, entrepreneur, wife, mother, friend, family member, athlete, volunteer and others).
2. Think about the next 12 months and CHOOSE the roles you want to focus on over the next 12 months. Choose 8 or fewer and include 1 that takes care of your well-being.
3. For these top priority roles, give yourself a score from 1 – 10 (10 being highest) rating your overall satisfaction with the way that area of your life is working right now. Notice I didn't ask how well you are doing. I asked how satisfied you are with how this role is working right now.
4. Next, imagine the satisfaction scores you would like to assign to these roles 12 months from now. (No, this is not a trick question. You might not want them all to be 10's!)
5. With that satisfaction score in mind, answer this question: What would I like to see happen in this area of my life in these next 12 months? Write down the answers.
6. Which of the outcomes could impact more than one area of life? For example, can you combine your health outcome with a volunteer project like training for a charity run/walk/bike ride? Can you combine your desire to learn to cook with entertaining friends more often? Can you take on a volunteer assignment that will help you transition to a new job or promotion?



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One of the very best ways to focus on your personal well-being is to ensure you have accounted for it in your vision for the next 12 months. Choose the roles you want to take on and look for creative ways to integrate the roles so you will enjoy all areas of your life . . . not just one or two areas.

This month in Tiara we are increasing our awareness of well-being, and there are a few opportunities to join us. [Listen](#) to the recording of the *"Make Well-Being a Priority"* TeleConnect held on May 18, [Register](#) for our 4-week TeleSeries on *"Making Well-Being a Priority"*, or [Visit](#) our Blog for useful inquiries about well-being and other topics.