

## WHAT'S ON YOUR TO DO LIST?

Do you have a daily To Do List? A To Do List is not necessarily written down. It's that list of things in your head that you HAVE to do today. It's also that list that may make you feel anxious or overwhelmed. It could be the list that you dance around and procrastinate about until it looms like an insurmountable mountain over your head!

Every morning I get up early and spend some time centering myself, connecting to the Broader View and requesting guidance. From that point, I ENTER MY DAY!

I check my calendar to verify any appointments for the day. I search the International Coaching Academy calendar to see if there's any classes I can take around those appointments. I touch base with my husband to see if he needs help with his To Do List.

Sometimes I feel overwhelmed by all the tasks I want to get done for the day. When that happens I must slow down and ask myself, "What has to get done today? What's important? What doesn't really need done?"

Then somewhere in that process, I stop altogether and ask myself, "What do *I* need to do for *me* today? What do *I want* to do for *me* today?" Just asking myself that question gives me a deeper sense of self-awareness and balance.

I may need or want to do any number of things for myself like take a nap, go out to lunch, sit in quiet reflection, polish my nails or mow the grass which, believe it or not, is a meditative practice for me. Then magically if I choose to do what I need to do for me, everything else in my To Do List gets done too!

Notice how far down the line, my needs and wants show up? I don't know if they'll ever move up the scale, other than my morning quiet time, but I celebrate the fact that I'm on the list at all! There was a time when I wasn't on the To Do List. There was a time when I couldn't dream of asking "What do *I* need to do for *me* today? What do *I want* to do for *me* today?"; let alone knowing the answers!

*The greatest hazard of all, losing one's self, can occur very quietly in the world, as if it were nothing at all. No other loss can occur so quietly; any other loss - an arm, a leg, five dollars, a wife, etc. - is sure to be noticed. ~The Sickness Unto Death*