

ARE YOU A WORKAHOLIC - written by Sylvia Marina

Last week my client, described her partner as being a 'workaholic'. The words lingered ... sixteen hours a day with work and 'must do' personal tasks. Too tired or overwhelmed to consider scheduling or planning an impromptu date and when she initiates going out to dinner or meeting for lunch he is constantly checking his electronic message device!

Are you described by others as a workaholic?

Do you have a schedule that overfills your day with work and "must do" personal tasks?

Does life ever feel as though something is missing?

Is it time to take a break, review your busy life and reflect on how well your personal needs and wants are being met?

Are your financial wants realistic?

Do you feel satisfied with your friendships and social supports?

Are you trying so hard to do everything right (the way you were taught), but are just, 'not happy'?

Do you look at other's relationships and wonder why it just 'doesn't happen' for you?

Through times of striving, some chunks of life can be too full.

Where there is success in business and career financial security results; but for many, other pieces of life are empty, intimacy, companionship, family connectedness, joy, happiness; money can't buy these!

Is there space in your life for...

Thinking bigger?

Understanding the purpose and meaning of your life?

Having more fulfilling relationships?

Better health?

Is there room in your life for intimacy, love and spontaneity?

Learning first to love and appreciate yourself is the first step to joy and happiness. Regrettably many measure their love on what they give and do. I say regrettably because if the gift is overlooked or taken for granted the giver feels rejected.

Learn how to appreciate you.

I encourage you to learn how to go to your quiet place of calmness, it is the first step on your path to self mastery.

How easy is it for you to be in the quiet, with you, to listen to your own even pace, breath and in that stillness appreciate your own being-ness?

How does one get to quiet? The sixty seconds before you drop into sleep? Is not enough! Neither are specific dedicated hours each day necessary. I go to the quiet place every day sometimes for two or three minutes, sometimes twenty or more minutes. Today we took our lunch and little dog and sat by the river watching nature. While my partner David walked our little dog I stayed in 'the quiet bliss'.

Quiet time is essential for stabilizing your emotional intelligences, it provides harmony to your mind and wisdom to your thoughts – important steps on the path to self mastery.

If dating, picnic's, home meals and long evenings together seem an unproductive use of time, when could your real 'quiet time' be.

Last month a corporate trainer friend Colin Pearce wrote to me, he asked... "I often wondered, do you ever talk about the efficacy of prayer?"

From my personal experience, years of experience with cancer patients and miracles that I've been privy to, I could someday write on the efficacy of prayer, until then I do know the value of connecting to the quiet place and in that place breathing in, breathing in the moment, breathing in this moment of gratitude.

The more we connect to the quiet place the more harmony we bring into our personal, family and

professional life.

This is an important step on the path to knowing more about yourself, your patience, love and compassion – important acknowledgements as we learn more about 'self mastery'.

Sylvia designs and delivers self mastery personal growth and development programs, empowering people to accelerate their evolutionary process, gently and naturally.

We invite you to join us at our next Self Mastery program.

Sylvia Marina ND

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www.sylviamarina.com | bookings@sylviamarina.com | +618 (08) 9457 3763

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