



Accomplishing Joy

For years Gary had been saying, "Chere you are either on or off." He was right. I was either "on" and accomplishing or "off" sleeping in my bed (my favorite place in the world)...until I started this "coaching thing." Back in 2000, my very first life-coach, Mary Ann Edberg, suggested I "do 15 minutes of Chere time" every day. I thought, "what a crazy idea." Of course I have 15 minutes each day where I do as I please. For the past 7 years, I have continued this self-care daily habit. Looking at the clock and doing something for me for 15 minutes each day was odd at first. The first few years, I kept a list on my computer entitled "me time." Sometimes the day would FLY by (you know this FLYING feeling) and my "15 minute me time" wasn't done. I would hop in my car and drive around and look at flowers (love gardening), which eventually led to taking pictures and having a little picture album of future flower pots I want to plant. (I also met quite a few people who wondered who the heck I was taking pictures of their flower pots in their yards.)

This "15 minute me time" is what I call my medium speed — where JOY lives. I DO DO DO all day every day and I am "ON," or what I call my ACCOMPLISHMENT speed. I absolutely delight in what I do and want everyone I know to be happier like me, which means I could do this "coaching thing" (as Gary calls it) 12 hours every day. Then, I am too tired to find my joy speed.

I believe life-balance is 3 speeds. OFF – sleeping, ON – accomplishing and MEDIUM– the JOY SPEED. People know all about the accomplishing speed, like going to college, getting a job and "the house." Having the kids excel at school. Buying "the" car and going on a great spring break vacation. But do you ever think about your joy speed? For a truly enJOYable life, you can't be on the accomplish speed all the time. The joy speed is living in today, celebrating time with people you cherish, taking your 15 minutes of "me time" every day. Being on the accomplishment speed all the time leads to burnout of your job, an unhappy spouse, kids who beg for more of your time, gaining weight, and feeling like you are never ever done. (Can you feel this??)

When was the last time you enjoyed a day where you were all three speeds? You were "on" and accomplished at home or work. You had 15 minutes of "me time" and you enjoyed your "joy speed" and turned "off" at a decent time and went to bed.

My clients try to use all 3 speeds every day. And, guess what? They show up lovin' life and attract more possibilities, and attain more of their goals like magic.

My own intention every day is to go to bed with no regrets. No regrets mean I have had time to be on the joy speed and taking that "me time."

Your joy speed is waiting – you just need to turn it on. Don't you have 15 minutes? It's your ONLY life. Start today. Love, Chere, who is getting teary-eyed writing this to you.