



## **Are You Busy In Life OR Doing the Bus-I-ness of Your Life?**

Whew!! November is done! November started with painting the laundry room on Halloween evening a rusty pumpkin orange color (not kidding!) I provided many presentations to hundreds of people and enjoyed two special family weekends in Wisconsin. To top this stellar month, on Thanksgiving Day Brett celebrated his 17th birthday and Danielle celebrated her 20th! (I call it their "bingo birthday" when you share your birthday with your brother or sister and also celebrate a major holiday like Thanksgiving!!! After all these years, they are STILL getting used to sharing their birthdays!)

Frequently, my mom says, "Chere, you are just too busy!" I always tell her, "Mom I am not too busy – I just have a wonderful rich life." I honestly think I have more energy than most people because I have really gotten rid of things that drain my energy (we call these energy drains tolerations in the coaching world) and also know exactly what gives me energy. (I have an actual written list of energy chargers – my favorite charger upper is taking a short nap!)

Busy to me means working a lot and always feeling behind - you know that overwhelmed "I can't do this life anymore" feeling! I don't feel busy or overwhelmed too often any more because I focus on the bus-I-ness of my life. Have you ever examined the word bus-I-ness? Notice the letter "I" is in the middle of this word. I feel I am responsible for the bus-I-ness of my life and in November that meant sprucing up my physical environment by redoing my laundry room; giving presentations that made my spirit soar: and creating time for my most joyful relationships – my families in Wisconsin. I know when I get too busy in life I can't focus on what is truly important – the people in my life. Busy in life is like living without careful nurturing of the bus-I-ness of your life - the people that really matter to you the most.

### **Try these action steps to take control of the bus-I-ness of your life.**

- Start each morning with an intention for your day.
- Get grounded at the start of your day by praying, meditating, journaling, or writing in your gratitude journal.
- Create a plan for only 1 – 3 baby goals to accomplish each day.
- Connect with one special person each day.
- And, don't forget to take a nap!!

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