



Are You Living A Delicious Value Driven Life Savored to the Last Crumb?

Are you just lovin' summer? I am! Yesterday Gary and I really tried to "DO" summer all on ONE day. First, Gary biked 53 miles without me and then together we biked to the quaint town of Excelsior where we enjoyed an iced coffee on a deck of a coffee shop surrounded by other bicyclists and colorful flowers. We came home and loaded up the canoe and canoed the Minnehaha Creek from St. Louis Park to a park in Edina. (Gary has a goal to canoe the entire creek.) For dinner I had experimented with three new marinades for shrimp, chicken and vegetables. We both agreed they all needed more "kick." After dinner we drove to Adele's our best custard stand and had our favorite Sunday night flavor, chocolate raspberry truffle. Can ya feel my "bestest summer day?"

This year I created the Best Summer of Your Life Club with about 20 some clients and their friends. Each of us has the intention that this will be the best summer of our lives. Our lists range from sitting and doing nothing to doing everything. You should see some of the lists. Topping my list is when Danielle says, "Mom do you want to go on an errand...???" I immediately say "yes" without thinking ahead to the gardening, emails or next task I was going to do. It all can wait — for, you see, Danielle, Brett and Gary TOP my list. In August I don't want one regret that the summer slipped by and I was not "deliciously living in it" with my family.

Owning your own business means you are never done!!! It is what it is...I will never ever be done. Many mornings I lay in bed and think ahead to my entire day. Typically I have 6 – 7 coaching calls mixed in with teleclasses and prep for some talks. I remind myself I have gotten exactly what I wished for plus more. I get up and after some prayers and gratitudes I start my coaching calls between 6:30 and 8:00 am every day. I have LOTS to do and it seems I find myself setting my kitchen table around 10 or 11 am. I ask myself, "Chere what the heck are you doing setting the table when you have SOOO much to do?" I smile. My heart smiles. I know the answer – my day is aligned with my values. My # 1 value is family – make that family dinner hour.

Every weekend by Saturday night I have my week menu planned so I can grocery shop on Sunday. I teach clients structure = effortlessness. By planning only 3 evening meals – family dinner time is joyful and stress free. It is not about cooking, it is BIGGER than than that...it is about family connecting and family time my number one value. Setting the table at 10 in the morning reminds me of my purpose for my life...being there for my family and enjoying warm conversation over a plate of healthy home cooked food.

Chere Bork is a Health and Life Balance Enthusiast, Speaker and Coach
Contact chere@cherebork.com or visit www.cherebork.com to live happy and healthy ever after.

Reprint these articles for FREE whole or in part with attribution to
Chere Bork, www.cherebork.com © Savor Your Life Today, Inc. 2007. All rights reserved.

Yes, a life of living with your values can put a smile on your heart.

Living a life aligned with your values is absolutely delicious.

Your life feels abundant and you find yourself saying, "Can you believe my life?"

Values are your personal priorities.

Values act like your compass (like setting the kitchen table at 10 in the morning before doing work stuff)

Values are never wrong.

Different values aren't better or worse. They are what they are. They reflect what is important to you, and how you see the world.

Values are different from beliefs.

Beliefs are a sense of what you think things mean. You can always change your beliefs. If you don't like someone for some reason it is probably their beliefs you don't like and not their values.

Values drive us without use even knowing it.

Once you know your values you will know the "why" behind your behaviors and actions.

Life is delicious when you understand your values and that other people have values.

It gives you freedom to not assume or take things personally. Life is easy and we make it hard.

A life of living with your values can put a smile on your heart.

It's like Danielle coming home after her freshman year at Madison and saying, 'Mom do you know what I missed most? Family dinner time!!'

Oh yeah!!! Smiling as I type! Wishing you and your family a delicious value driven summer!