



### **Why We FALL into the SHOULD Trap**

Yes!! Fall is here...a new beginning again! For many people fall signals a fresh start. A time to get back into action!! I believe the foundation for this thinking was laid back in kindergarten when our lazy days of summer were replaced with activities by the clock. For several weeks now, new schedules have been arriving for classes, football games, volunteer commitments plus more. Can you do it all?

Wouldn't it be great to re-evaluate your schedule this fall and look at your life calendar with fresh eyeballs? There is no better time to get in "new eyeballs" and get ready for DELIBERATE CREATION of what you really want in your life than the fall.

#### **Key questions to ask yourself:**

- What are my top values and how do my volunteer activities align with those? Do they still match?
- What committees or volunteer activities do I that feel I should do that are "duty or shame based? (Someone else is 'shoulding' on me.)
- What can I do to energize my fall? What do I want to do? What can I do for just for me?
- How can I keep health into my life? What day of the week will I create some "me" time?

It seems the colder the weather, the more we quit the great health habits that we created during the summer, like taking more walks or eating more fresh fruit. Don't let the calendar and weather dictate your health habits. You can deliberately create time for YOU. Stay connected with your body, mind and spirit. Why? Because it feels sOOOOO good! And the more time you take for you the more productive you are doing what you want to do.

As you are looking at your upcoming fall schedule, examine the areas that cause you to be "crazy busy." Pick up the phone and quit the "shoulding" on your life, say NO, and with deliberate creation you can create your best fall ever. What are you waiting for? I wish you a month of joyful wants. Smiling as I type!

Chere Bork is a Health and Life Balance Enthusiast, Speaker and Coach  
Contact [chere@cherebork.com](mailto:chere@cherebork.com) or visit [www.cherebork.com](http://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](http://www.cherebork.com) © Savor Your Life Today, Inc. 2007. All rights reserved.