



The Crisis Planner

Taking Care of Yourself 5 Steppingstones to Joy

It's August and the world is still upside down. We are dancing to a new COVID tune every day.

Things are open, then no, they are not. Wear a mask in public or then maybe not. Plan a get-together with friends and nobody comes, gyms? (who knows)

Travel now comes with a 14 day quarantine. Sometimes when you get there. (not fun)
Sometimes when you get home. (also not fun)

The debate about returning to school is in full swing – Return to Class? Remote learning? Home School? Half in Half out? Split Session? Parents choice? Yikes!

One thing I know for sure is the only thing I can control right now is me.

How can I take care of me?

I'm not being selfish. I'm taking responsibility for myself to stay strong and healthy – physically, mentally and spiritually.

Instead of focusing on what isn't, I am focused on what is!

I've decided that each day I will do 5 things to take care of myself and to move forward toward my goals and dreams for a joy filled life.

Yes, I still have dreams!

I bet you do too...

Here are my Five Steppingstones to Joy

- Grateful Me
- Healthy Me
- Accomplished Me
- Nourished Me
- Playful Me

How does this work? Everyday I do these 5 things to focus on the the things I can control in my life instead of the things that I can't. By keeping a positive focus more good things come into my life. As a result-
I have more happiness and peace.



Grateful Me – Each day before I open my eyes I think of all the things I am grateful for. I am grateful to see the sun on a new day, grateful for the opportunity to do something special with the gift I've been given of this beautiful new day. I am grateful for my home, Bristol my dog, my family, my work, my friends, my health, and my life.



Even if things may not be smooth and perfect, and some things may actually be terribly wrong, by focusing and seeing the positive I actually see more positive and more good things seem to happen.

Throughout the day I recognize the things that happen for me to be grateful for, express gratitude for them, and I smile.



Healthy Me – When it comes to health, I remind myself that it is my responsibility to take care of me. I exercise, eat right, take good supplements, drink plenty of water and get enough sleep. (most of the time)

It is a mindset of wellness and prevention instead of disease and deterioration.

Only I can be in charge of what I do to keep me healthy.

In the beginning days of the shut-down I was in shock, depressed, and anxious. That first month I did not exercise and ate everything bad for me in sight. Mid-day popcorn, cookies, chips, carbs galore. I really felt awful and what I was feeding myself made me feel even worse.

I said to myself, "Stop it!"

By making better choices I've released 30 lbs and am feeling so much better about myself physically and emotionally as Healthy Me.

Accomplished Me – Everyday check something off your to-do list. It can be your personal or business list but do at least one small thing you have been putting off.

Clean out the junk drawer, organize the closet, clean the garage, paint the scratched door frame that you've put off for years.

In business, make that difficult follow-up call, do your taxes (yuck!), clean up your data base or finish that almost finished project and actually launch it.

Completing even the smallest task will give you a great feeling of accomplishment. The other day I cleaned out my car and took it to the carwash. Now it's like it's a brand new car and it made me feel so good.





Nourished Me – Feeding my mind and spirit daily brings such joy into my life. I am a life-long learner. There is so much to know and learn about how I can better serve myself, others, the world, and the universe.

Take a course, jump on a webinar, read a book, join a book club, meditate, explore and share your learning journey with others. Nourishing my mind and spirit daily brings me such joy and satisfies my curiosity to know what I don't know.

I have unleashed a renewed wave of inspiration and creation that is taking me to places I could only imagine before.

The nourished me is feasting on the joy and abundance in my life.

Playful Me – We all need to play! We all need more playtime in our lives.

One of my favorite sayings is:

"We don't stop playing because we grow old, we grow old because we stop playing"
George Bernard Shaw

Make time everyday to play. Do something spontaneous. Laugh at yourself. Be silly instead of serious.



Play with the kids! Play with the Dog! Doodle! Do a cannonball into the pool! Be playful with your significant other! Flirt! Have sex in a new place!?! Just PLAY...

Do something unexpected everyday and it will remind you of the joy of being fully alive.

By using these Five Steppingstones to Joy everyday, you will release the worry and fear that keeps you from the happiness you desire.

And, when you stop at the end of the day the Grateful Me will say:

"Wow what a wonderful gift today has been. I am good. I feel good. I did good. I am truly happy! Thank you! Thank you! Thank you!"

As you drift peacefully into sleep to dream of what waits for you tomorrow...

Be well, be prosperous, be happy my friends,

Linda



Get off the Worry-go-round with The Crisis Planner

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