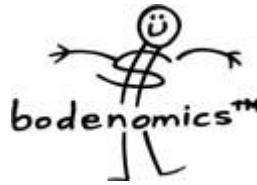


BOD-Ē-NOMICS

Start Here



Dad . . . I want more stuff!

by Wendy

As a kid, I wondered why we didn't have a nicer home, a fancy car, and stylish clothes. My dad was smart and had a good job, but we never had extra money.

Now I realize my dad lived his life exactly the way he wanted. We had a house on Stearns Bayou where he could fish. He was laid off from work each hunting season. We always had bluegill and venison in the freezer. He knew how to relax while he provided for his family. He dressed for comfort. He wore old undershirts, plaid shorts, and black socks. He didn't care what people thought. My father enjoyed his career, but only worked long enough to pay the bills. He spent the rest of his time with his buddies while he enjoyed the great outdoors.

I have struggled with the concept of a balanced life for many years. What is the right amount of time, who are the right people, and what is the right thing to do?

I moved back to my home town after being away for 15 years. The little voice in my head, also known as my personal assistant, suggested: "You should volunteer, to get back into your community."

I started to volunteer one morning a week, and then I went overboard. I said yes to anyone who asked me to be on a committee, join a cause, or lend a hand. My

massage practice expanded. I also had to promote BOD-Ē-NOMICS and manage a few other streams of residual income. I attended every event I could, and my calendar was booked. Most of my time was split between work and volunteer commitments. As a result, my personal relationships suffered. I ignored the people in my life who meant the most to me. It took me 46 years to figure out my priorities. What are your priorities?

Some people put spirituality first on their priority list. I include it within my simple list:

1. Family
2. Career
3. Friends
4. Volunteer

I was putting career and volunteer before family. When these were my priorities, I was stressed and miserable. One evening I chose to fulfill my commitment to serve beer at a fundraiser instead of taking care of my best friend. She had just been in an accident and broke her ribs. She called me out on my horrible choice. "I needed you and you weren't there." My priorities were out of whack.

I don't want to have any regrets at the end of my life. Do you? A dying friend said she had regrets. She put her passion of art on the back burner while she built a successful business. Another friend became quite ill in the process of building a multi-million-dollar company. Health issues arose because he worked long, stressful hours and neglected his nutrition and exercise. He said selling his business and focusing on his health was the right decision.

I knew it was my turn to take a break. One day I looked at my calendar and felt anxious and panicked. I started seeing migraine flashes in the periphery of my right eye. My shoulders were hunched up nearly in my ears, and I clenched my teeth so hard, I broke one of them. I had to acknowledge it was time to slow down and take care of myself. I rescheduled and cancelled what I could. I only attended events that I had already committed to. I did not schedule any new appointments. I kept my clients, but did not market for new business. I wanted to take naps, relax, paint, write, garden, and hike. This hiatus lasted about a year.

As a result of these changes, I realized when I spent more time with my family, I was happy. I found one way to open up some time to spend with my family was to let go of anyone or anything that caused drama and negativity in my life. I no longer spend time with people who do not support me or contribute to my growth. I say no to events or clubs that do not interest me or interfere with my family time. I politely say,

“No, thank you for asking,” or “No, my plate is full,” or “Thank you for the invitation. I am already booked.”

Now I smile when I go to bed. I smile when I wake up, and I catch myself smiling throughout the day. I feel balanced with my body, eating, and money.

I know it will take a conscious effort to stay balanced. I need to figure out how I can work as little as possible and still pay all the bills, save for the future, enjoy my everyday life, and take vacations. Please let me know if you have any tips.
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I am following my father’s footsteps, working just as much as I have to, and living my life exactly the way I want to.

I had a friend in Montana tell me, "Wendy, you are only young once and you are old a long time." It is never too late to make decisions to plan your life the way you want to live it, because no one knows how long “a long time” is.

BOD-Ē-NOMICS LIST

Top 10 clues to give you a hint to see if your life is out of balance:

You hear:

1. “You look tired.”
2. “Are you okay?”
3. “You look stressed.”
4. “Why don’t you spend more time at home?”

Or you think:

5. “I can’t take this anymore”
6. “All I want to do is sleep”
7. “I need to get out of here”

Or you don’t remember the last time:

8. You spent time on activities that brought you joy
9. You washed your hair
10. You laughed so hard your belly hurt the next day

