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Impair Healthy Healing In People Over The Age Of 30!

Cross It Off Your List

By Liz Sumner, M.A.

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This is for people who can't seem to get everything done. Those of you who efficiently take care of every detail ahead of time don't need to read any further.

As a recovering procrastinator I have a great deal of experience with To Do lists. I've embellished them with multi-color highlighters, experimented with assorted list-making software, anything to keep from actually doing the tasks. Along the way I've learned a few tricks you may find helpful.

Make the List

Don't just let the have-tos rattle around in your head making you crazy. Actually write down all the things you're worried about getting done. Then you won't have to spend energy constantly remembering them. I like to start with one main list of everything on my mind in no particular order and then make subsequent lists. Another way is to use sticky notes. You can organize them into categories afterwards. Then I see that Rake Leaves, Move Lawn Furniture, Winterize Garden, and Do Yard Work all go together and aren't really four different things.

Prioritize

Ask yourself is it really essential? Is it something you want to do? Is the result something you want? Does somebody else think you should do it? If that person is the government, your doctor, or your boss it should probably stay on the hot list. But if not, consider setting it aside for now. You could end up with lists called Must, Would Be Nice, and Who Cares. Sometimes the act of placing an item on one list or another helps you determine its importance. Anything left on the Who Cares list at the end of this process gets crumpled up and tossed.

First Things First

Which items are time-sensitive? Are deadlines looming that you mustn't miss? Are downstream events dependent on completion of certain items? It's generally at this point that my anxiety level has subsided enough to unbundle the general headings into smaller pieces. For example Do Financial Stuff gets broken down so that Pay Current Bills goes on one list and File Bank Statements goes on another.

Low Hanging Fruit

Are there a couple of items that you can just take care of this second and then they'd be done? Make the phone calls, send the emails, put the ball in someone else's court. You'll feel great.

Find Out, Decide, Do

Look over your hot list and figure out what kind of action is required. Do you need to get information, make a decision, or just do it. Often an item stays on a To Do list because this step hasn't been addressed. Make sure every item on your list has a verb attached.

hate with something you enjoy. Listen to music while you wash the kitchen floor. Promise yourself a hot bath or coffee with a friend when the desk is cleared off. Have someone who truly understands what you've accomplished say congratulations with deep sincerity.

So that's the secret of my success. I'll always be a grasshopper in my heart, but I've come to appreciate a day to day sense of accomplishment. That surge of panic when I do something at the last minute has a certain appeal but it can't beat the satisfaction of crossing something off your list.

Liz Sumner, M.A. is a Whole Life Coach now offering single session Bite-Sized Planning for overwhelming projects that you don't know how to tackle. For more information and a free 30-minute coaching call point your browser to www.WonderfulCoach.com.

Complete your religious decor with wall crosses

By Johann Erickson

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When we decorate with popular symbols, we make a statement about who we are and what we believe.

are one of the most significant symbols we can use in our interior decorating

scheme. With strong meaning and even stronger emotional value, crosses are considered a sacred symbol in many cultures. The basic shape of the wall cross has been around since the beginning of time. Over its life span, the cross has stood for many things including immortality and harmony on earth.

When choosing a wall cross you should keep mind your own beliefs and then do your research. Not all crosses have the same shape or symbolize the same thing. For example:

The Latin Cross is the traditional cross shape that most people are familiar with. It is modeled after the one on which Jesus is thought to have died.

Following in the Eastern Rite tradition, the Eastern Cross is similar to the Latin Cross, only with three bars at the bottom, one of them slightly slanted. The top bar is representative of Pontius Pilate's

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famous inscription on the cross. The lower bar stands for the footrest on which Jesus' feet were placed with nails. The slanted bar has varying explanations.

With the bottom part of the cross—shaped like an anchor and the top as a standard cross, the Anchor Cross symbolizes the hope and the steadiness found in faith.

The Calvary Cross stands on three steps—each step is said to stand for one of three emotions of the heart: faith, hope and love.

The Celtic Cross has a gothic look and symbolizes spiritual growth, gender unity, and spiritual passage.

Among the other wall cross designs are the Tau Cross, the Gothic Cross, and the Chi–Rho Cross. Each has its own unique shape, special meaning, and historical background. While adding a decorative element your walls, wall crosses evoke feelings of peace above a child's crib, above a staircase, and in family rooms. Once you settle on a particular type of cross, you will be able to find variations that can be matched to the lines and design of your rooms.

Johann Erickson is the owner of

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