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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Updating Your "Plum" Job

By Norma Schmidt, Coach, LLC

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It's startling to discover how having kids changes the way you see the world. Just compare your "before kids" vs. "after kids" views on what counts as:

- * A good place to live.
- * A desirable car.
- * An excellent restaurant.
- * A great evening.
- * Your ideal or "plum" job.

Give that "plum" job a closer look. Back in school, you may have dreamed of a job that offered intellectual challenge, travel, or a chance to use your talents to make a difference in the world.

Once you start a family, your "plum" job can look more like a lemon!

Life is infinitely more complex now. Family demands can magnify drawbacks that used to be inconsequential. Challenges that seemed thrilling at an earlier stage of your life may be daunting now.

It may be time to update your vision of your "plum." You can start by asking:

1. What talents do you want to offer the world through your job?
2. What do you enjoy?
3. How much income do you need to feel you are being fairly compensated?
4. How much flexibility do you want in your schedule?
5. How much mental and emotional energy do you want to have left after your paid work is done?

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6. How often and for how long do you want to travel out of town?
7. How far are you willing to commute?
8. Is there an upper limit to how many hours you are willing to work per day? Per week?
9. How often are you willing to relocate?
10. How much of the time do you want to work from home?

Are you already holding your "plum"? If not, keep your new vision in front of you. What steps can you take today to put your updated "plum" within reach?

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Norma Schmidt, Coach, LLC specializes in helping women who are both professionals and parents to find work that works. She edits "The Balance Point," a free bi-weekly e-zine. Visit <http://www.NormaSchmidt.com>.

Shake the Tree

By Jackie Stanley

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How would you respond to this question posed by writer Logan Persall Smith?: "What is more mortifying than to feel that you have missed the plum for want of courage to shake the tree?" I believe that, in the context of weight management, the "plum" is the attainment of your weight loss goals and "shaking the tree" means confronting the truth about why you eat.

The only person who can answer the question Why do I eat? is you. And the only way you are going to discover the real answer to that question is to ask and keep asking until you get the answers you need. This month, accept the challenge to "shake the tree." At the end of the day, sit down and look back over your food diary. Then ask yourself this question: Why did I make the food choices I made today?

Initially, your responses may appear superficial. But if you find the courage to keep asking, you may discover that you are eating to escape feeling lonely now that your children have left the nest or because you are afraid you may not meet your parents' expectations or to bury the pain associated with a break-up. And once you discover the real reasons, then what? Then, you can

start working to address the real problem and start enjoying the plums!

Jackie Stanley is the creator of a series of personal wellness and weight loss journals titled "Lettuce Is

Not Enough." She can be reached at 336.854.8667 or at jackie@lettuceisnotenough.com



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