

HAVING IT ALL

Can we really have it all? And do things well? And have it all at once?

Some would say yes, others, no and some would be still trying to decide. How do you know if you have it all? How it looks on the outside or how it feels on the inside? Can you have it all if it were written down on paper but still feel something's amiss?

Traditionally, in the past one gender would work and the other have the stay at home responsibilities. Now it seems we are all doing both; working and the at home chores and errands. How is it possible there is more to do? Is it a more complicated life? Those handy machines and devices that were promised to be time savers decades ago seem to require more work and maintenance than we realized. We have equipment to maintain, technology to learn and upgrade, home, work and family obligations.



"You can have it all. You just can't have it all at once."

-Oprah Winfrey



That's not including our self care, health care, social and personal needs. Then we need extra time to meditate, de-stress and heal from overachieving and being over committed. Sometimes it can seem overwhelming like a treadmill of things to do or tasks at hand.

What we can do about this situation includes:

Sequencing. Maybe we can have it all but not all right now. What events, projects or new ideas can be put off till the future?

Delegation. Who can help? Family, friends, volunteers, agencies.

Pairing down. Social events can be simpler, smaller or catered for example. Gatherings and parties can be pot luck, picnics or do ahead meals so the host can enjoy the company. Vacations can be lower maintenance.



There can be less guilt for not having, being and doing it all perfectly. We can be effective but "good enough".

We can enjoy what we have instead of constantly striving for things we have not attained.

We can be proud of our current accomplishments and look forward to more instead of being pressured for more.

We can learn how to best plan and map out our future, how to stay in control of our lives, how to learn and fulfill our mission. We can ask for assistance and direction when we need it. We can try to be the best we can each day, no more, no less!

What is "Having It All?"

- A stimulating rewarding career or a close knit well rounded family?
- Significant financial compensation or weekends, holidays and vacation time to yourself?
- A jam packed itinerary of exciting new experiences or blocks of unstructured down time?
- Educational achievement ending in degrees or certificates or self-paced learning for the sake of learning?
- Networking and connecting with new influential people or intimate conversations with trusted friends?
- Traveling to foreign destinations or creating a welcoming comforting home?

"We're so busy watching out for what's just ahead of us that we don't take time to enjoy where we are."

-Calvin & Hobbes

"The secret to having it all is believing you already do."

-Unknown



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