



## Things to Ponder

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### What About Me?

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*By Judi Moreo*

Most of us give more time and attention to our jobs and families than we do to ourselves. Whether we are a manager, worker bee, parent, or all three, we plan our days, manage our work load, speak positively about our boss-company-job-husband-kids, and generally put thought and energy into doing what we do. We work overtime in the evenings and on weekends to get everything done that needs to be done, often skipping meals and breaks.

When we have no energy left at the end of the day, the little voice we each have inside of us sometimes screams, "What about me?" Wouldn't it be wonderful if each of us could have our very own personal assistant that was dedicated to taking care of us and only us? The only way that will happen for most of us is to learn to do for ourselves what we so willingly do for others.

A good personal assistant would never make promises his/her boss couldn't keep. So why do we forget to say "no" when it comes to stretching ourselves too thin in our personal life? Make sure you keep your word to yourself. Make time for yourself and remind yourself to keep the appointment.

Don't breach confidentiality. You would never tell secrets about your boss or your company to a competitor. Always keep your own council. Your dreams, goals and desires are just that – YOURS. Share them only with people who will support you. When you do talk about yourself, whether it's to someone else or just in your head, always remember to be positive.

Learn all you can about the situations or conditions that appear to be obstacles in your life. Make a plan to get through whatever it is. And then take one step at a time. Remember to listen to the little voice inside and when it says "What about me?" be sure you have an uplifting answer such as "I hear you. Here's what I'm doing for you now."

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