

BALANCED



Ignite! write your own ticket

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How would you like to ‘write your own ticket’? What would you think if I told you that you already do?? We all make choices every day that impact our lives in the short term and long term. The cumulative consequences of those choices determine the direction and the ultimate outcome of our lives.

I believe we all write our own ticket, and the sooner we realize this the more conscious and proactive we will be in defining and achieving our hearts desire. How do YOU spell SUCCESS? M-O-N-E-Y? L-O-V-E? F-A-M-I-L-Y? Each of us has our own definition that begins within. Societal systems and media make a business of bombarding us with messages that attempt to define success and happiness for us. We use other people and false pretense as a yardstick for measuring our own progress. This approach is similar to constructing a puzzle while using the wrong picture as a guide. You may actually get all the pieces to fit together, but you will likely be frustrated by the process and potentially surprised by the result.

How much time do you invest in planning your life and your career? Consider this in the context of how you live your life...If you are like most people, you may be on autopilot. You live each day, taking care of what presents itself, dreaming of a day

when things will be different, but never finding the time to make a conscious plan. It takes courage to ask the question ‘What should I do with my life’ and even more courage to find the answers to this crucial question. This may explain why many people never even ask...they just go about their lives, floating down stream without a paddle, taking what comes, and viewing themselves as victims of circumstance, with little control over their destiny.

“It takes courage to grow up and turn out to be who you really are”

-E.E. Cummings

Take a moment right now to write out your goals. What do you want to accomplish in your life, personally and professionally? What are you doing to make that happen? When will the time be right to shift the focus to YOU and what you need be feel accomplished and fulfilled?

We each move through predictable ages and phases of life, each of which presents specific challenges and tasks unique to that stage of development. Master the tasks and we move to the next phase, ignore the tasks and we may remain stuck, or we may move on without proper preparation.

The Personal Vision Wheel, a foundation of the Highlands Whole Person Model,

provides a structure for considering 8 inter-dependent factors governing our decisions and our direction in life. Knowing where you are and where you are going in each of these areas is similar to conducting a symphony orchestra. While each section in unique, they all blend together to create a cacophony of carefully constructed sound. If any piece is altered or absent, it changes the configuration of the composition. We have to listen with fine tuned ears, manage each section simultaneously while listening to each individually to identify areas for improvement

Natural Abilities: Behavior patterns that come quickly and naturally. These remain stable throughout our adult life.

Skills: Behaviors acquired through education and experience. These improve with practice and atrophy with neglect.

Personal Style: Your unique approach to living and working. This dictates the environment and the arenas most conducive to your productivity.

Family: The messages we got from our parents regarding work ethic and education. Current family configuration often dictates allocation of resources.

Values: What is most important to us and

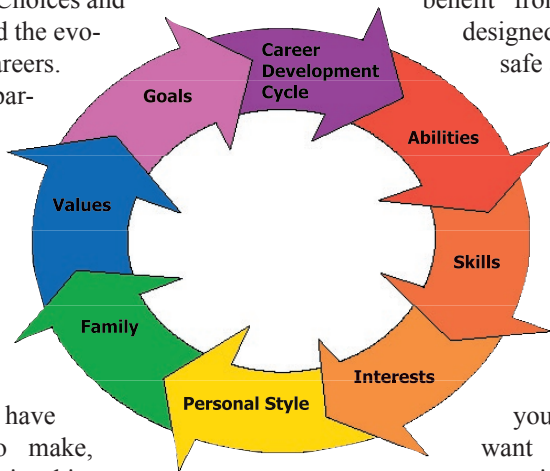
Ignite! write your own ticket (cont.)

creates a filter for defining meaning. The core of our perceptual system.

Goals: Aspirations we hold for others and ourselves. Goals can be personal, professional, short term and long term.

Career Cycles: Choices and experiences mold the evolution of our careers. Career Cycles parallel predictable phases of human development.

Use this model as a planning and troubleshooting wheel. Anytime you have big decision to make, challenging relationships to manage or a new problems to solve put it right in the center of the wheel and ask yourself: "How does this impact each area and how is each area impacted by this situation?" Invest time at least once a year to evaluate where you are in each



of these areas, what has changed and what transitions you anticipate. Anytime one of these factors changes, it has the potential to pull the others out of alignment. Like the front-end alignment necessary for maintaining new tires on your car, your personal vision wheel can also benefit from regular tune-ups designed to insure a smooth, safe and pleasant journey through life.

Still not quite sure how to get started? Consider attending a workshop or engaging a coach to provide a structured analysis of where you are and where you want to be, along with an action plan for getting there. Invest NOW in your most powerful resource, YOU, by making the time to craft your personalized life and career plan. Write Your Own Ticket, because if you don't, someone else will write it for you!

Gail Ostrishko, a creative free spirit, specializes in nurturing individuals and organizations to harness and radiate their internal wisdom through engaging and inspiring learning adventures. Consistently noted for her high energy and infectious enthusiasm, Gail's light hearted approach to revealing the infinite wit and wisdom of life is engaging, empowering and fun.

Anchored by a core belief that the best things in life are not things, and grounded in years of experience as a counselor, facilitator, speaker and coach, Gail's gift for recognizing, articulating and applying universal principles through personalized experiences is unparalleled. Ranging from customized keynotes and corporate seminars, to team building retreats and life coaching, these lively learning adventures are guaranteed to engage your mind, body and spirit in a very powerful and permanent way.

Visit Gail at gailo.com or Call 919 779-2772 to arrange your complimentary coaching session

SHARING STORIES WITH SUSAN

Erma Bombeck was known for her humorous journalism. But she frequently seasoned her humor with pinches of wisdom. At the end of a newspaper column on March 10, 1987, Erma wrote these words:

"I always had a dream that when I am asked to give an accounting of my life to a higher court, it will go like this: 'So, empty your pockets. What have you got left of your life? Any dreams that were unfulfilled?

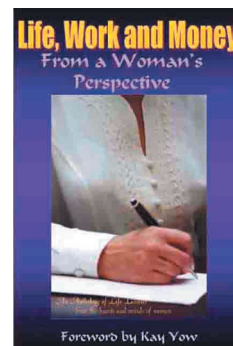
Any unused talent that we gave you when you were born that you still have left? Any unsaid compliments or bits of love that you haven't spread around?

"And I will answer, 'I've nothing to return. I spent everything you gave me. I'm as naked as the day I was born.'" She would agree that what we do with the talent we're given is all that matters.

Do you still have some encouragement that you haven't spread around? Do you have ability you have not used up? Do you still have some bits of love to share?

If you were asked to empty your pockets today, will you find them half-full? Or will you discover that you have joyously spent everything you were given?

Life Work and Money from a Woman's Perspective offers practical principles, and real life experiences as tools for exploring the impact of perspective on



every aspect of life. For every man and woman who longs to rekindle their enthusiasm and lift their spirit, this anthology offers inspiration and practical wisdom from the hearts and souls of women from all walks of life.

Available at gailo.com and amazon.com