

## Reclaim Your Life Even During Chaotic Times

Despite the gloom and doom economic picture presented in the media, now is when we must be most positive in order to persevere.

With this attitude, what results can you expect?

### Benefit 1: You'll Discover Opportunities for Growth

When a challenge comes, people naturally want to focus on the negative event. This is precisely when you must refocus your thinking so you can get back on track.

Are you afraid to spend money? Did you lose a loved one? Is your job in jeopardy?

Now, look at those scenarios from a different perspective. What if you talked with your boss about moving to a new department? What if you rearranged your schedule to spend more time with your family?

The more you attempt to see the challenges in a new light, the more you'll uncover opportunities for growth.

### Benefit 2: Worries About the Future Will Disappear

Rather than let worrying cripple your sense of well-being, take the time to see the good that's going on around you.

The first step is to take some time for yourself. While making a living is indeed a vital part of life, enjoying that life and living a fulfilled life are equally important.

Momentarily slow down, see the trees, smell the flowers, and hear the birds. Talk with others and simply enjoy their company. When you take the time to enjoy what's in front of you now, you release the worry and frustration.

### Benefit 3: You'll Open the Path to New Goals

The most effective way to take action during any challenge is to make changes. During a time of crisis, change is the last thing you want to experience ... but change forces you to grow.

- Take some time to sit down and re-evaluate your personal goals.
- Talk with your family and ask what new goals or dreams they have. Agree as a group on

your objectives.

- Outline what you will need to do to make those goals a reality, and then take action.

When you focus on your revised grand plan, you'll regain your enthusiasm for living and experience a new zest for life.

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**Joyce can show you ways to help teams and individuals synergize their power to new levels by working through stresses and conflicts with resolutions, designed to create new levels of productivity and profitability.**

**As a coach, consultant, facilitator and author, Joyce has used her extensive professional experience with companies like Ford Motor Company, US Army Reserves and Blue Cross Blue Shield to provide bold solutions for individuals, corporations and associations.**

**Joyce attained her Master's Degree in Guidance and Counseling from Oakland University and sits on the Board of Directors for the School of Education and Human Services. She maintains her certification as a "Best Practices Company."**

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