

Organized Chaos—Keeping you life in BALANCE

Balance – we’ve all heard it, talked about, and strived to be in balance. I think back to a motivational speaker at one of the networking groups. She was one of those well-groomed, very professional, beautiful women. I couldn’t help staring at her immaculate manicured hands without wondering if they could hold up under dishes, carrying in groceries, laundry – I mean how these beautiful people make it in life. The longest I’ve ever kept my nails without a chip or smudge of the fresh nail polish is exactly how long it takes for me to walk to the car. So as I’m reflecting on the impossibility of ever having my hand grooming up to her level, she begins her dissertation on “Balance” in life.

She begins with the many areas of balance – family, business, physical, spiritual, etc. And as she delving in the deep psychological questions of the women’s psyche, I’m trying to remember if I had put deodorant under both arms. I try to slyly squeeze my elbows into my sides to see if I can feel the deodorant. Sure enough, one armpit feels squishy and the other one (my right of course) doesn’t. She sees my heavy concentration and mistakes my concern about the possibility of having one smelly armpit all day with acute interest.

“Susan”, she smiles, “Do think these help us keep balance?”

I try to quickly think back to what was being said as I was reviewing my deodorant dilemma. I use the standard complaint “I just feel there isn’t enough time”.

She answers with “We all are given 24 hours in a day.”

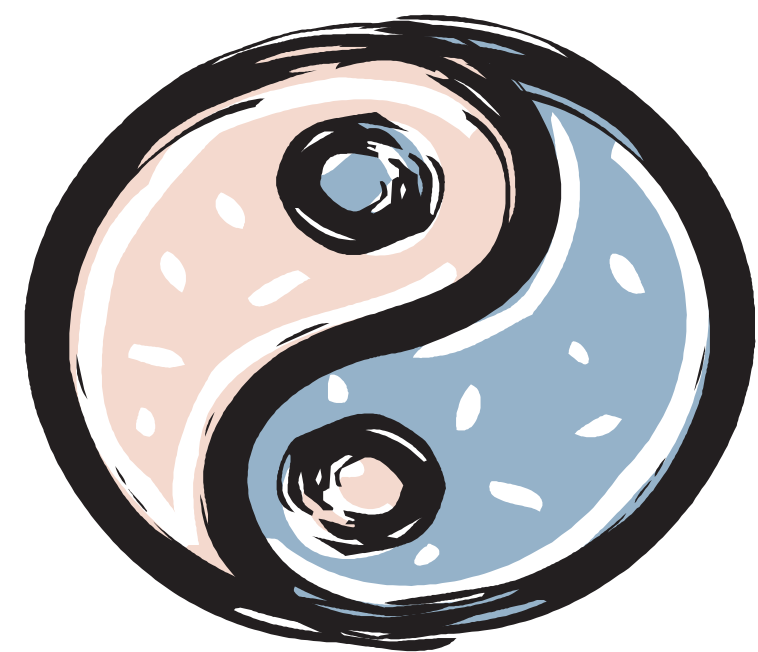
Okay, now she’s hit a nerve! These trite – flippant – coffee mug slogans tend to come from A) Men who have stay at home wives (which is essentially like have 3 employees just taking care of you) or B) Women who have a house keeper, a gardener, and NO kids or pets. So the smug “We all have the same 24 hours “doesn’t wash with me.

“Look”, I almost yelled. “I’ve got a new small business to run, 6 women’s networks to supervise, work on the church council, 2 kids, a home, a dog, a cat, a husband still trying to find himself, a sick grandmother, friends, family, neighbors...” I begin to realize I’m rambling and finish “there just aren’t enough hours in the day to do everything I want to do.”

“Exactly,” she smiles. Then I glance around the room and realize most of the women are smiling and nodding in agreement. She continues, “YOU have to decide to be in control. It’s all about choices. You need to choose what’s most important - don’t let the small tasks of life choose for you. It’s easy to be very busy, but at the end of the day feel as if you haven’t accomplished anything of value.”

I may be stupid at times – but I am NOT dumb! I thought about the time spent on projects for flaky clients that never came through, or the times I was so worried about a possible problem (which usually didn’t happen any way) that I wouldn’t relax and enjoy the time with my family. These indeed were choices I had made. Even though I wanted to use my chaotic, I do more things in the morning by 9 am than most do all day life as an excuse to not have balance: this actually made it even more important for me to take control and ensure the real priorities in life were taken care of first – family, church, friends, health, etc. Although I can’t say my life is perfectly balanced, I have taken responsibility for balance in my life, and I make my decisions and my schedule according to the priorities and not the tasks in my life. If you get nothing else out this but to make choices yourself – not

to let circumstances choose for you – then writing the column is worth it. Although it does sound like a trite coffee mug slogan, we all have the same 24 hours a day – how you use that time is entirely up to you!



Susan Jewell-Klema is a founding partner of "something with pizzaz" a relationship marketing firm in Windsor. She assisted in founding women's networks in Loveland, Windsor, Longmont, and Fort Collins

She can be reached at susan@somethingwithpizzaz.com or 970.686.2699