

So often we fall into an efficiency trap, thinking that we are these fabulous multi-taskers when in fact we are not. Instead of our inner light being laser sharp and putting all our focus into doing each task well, we end up dimming our light by spreading our energy between too many simultaneous tasks.

Think about what differentiates someone who took gymnastics in high school from an Olympic gold medalist. The Olympic gold medalist has endured blisters, pain, and countless hours honing their skills. They have learned to separate themselves from the pain because they can visualize themselves standing on that podium. Every decision they make- what to eat- what to do with their free time- is in line with their goal to win first place. Their vision is bigger than the voice that tells them to give up. They have a *purpose*. Nobody becomes an Olympic gold medalist by accident, or without an extraordinary amount of sacrifice and effort.

Similarly, we need to see our future in our mind's eye and to align our choices with that goal. There will always be pain, but we get to choose between the pain of regret vs. the temporary pain of doing it anyway.

"I really regret following through on that!" ...said no one ever! :-)

What is your goal-- Vibrancy? Better connections with those around you? A better relationship with God? It's all connected. The gift of *you* is what you're giving back to the world. This is how you fulfill your purpose. You can't do this by ignoring the pain/regret and thinking "I'm just going to keep taking the path of least resistance."

The goal of health is the goal of vibrancy. Your heart, mind, body, and soul are all connected. You cannot neglect one and expect to reach your fullest potential.

Eliminate the grey areas in your life. When you are trying to manage your time, are you going to unplug or work? If you choose to work, are you letting yourself become distracted? Are you spreading yourself amongst so many tasks that you are never truly able to relax? I found myself doing this on Sunday--I said I would just work for an hour and

it turned into four hours. As Sarah said, think about it like your coffee; it is either black or it isn't.

When we manage our energy, we reclaim our time.

Stop overthinking about yesterday. Stop overthinking about tomorrow. Live today. This is where the vibrancy is!

When you're feeling like things are going a million miles an hour, write them down! Separate your life stuff, your work stuff, your goals. You wouldn't throw pinks and whites in the wash together, and your thoughts are no different. Analyze them individually.

AND YOUR ALIGNMENT ASSIGNMENT...

1. Practice going back to your center. Start nurturing yourself. Meditate, journal, pray, read.
2. Have good relationships with those around you. Surround yourself with people who support you and lift you up.
3. Be really plugged into what is going on in your mind and call it out when you see a thought that doesn't belong. "This doesn't work- what should I do instead? How do I build a bridge to get to where I want to be from the place I am now?"

It's time to put your thoughts on the pancake diet and flip the thoughts that no longer serve you! :-)