Karen’s Kounsel

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KLynn Counseling

 a place for new beginnings

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**Be aware of wonder. Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some.**
**Robert Fulgham**

As I sit here writing this on the second day of the new year, I have not one but two day planners lying open next to me and the pages for this day are crammed full. How ironic that the topic that I’ve chosen for this month’s newsletter is “simplify your life”! Don’t get me wrong. I’m not against hard work and having goals that require giving your all. Far too many people today seem to be drifting through an aimless, self absorbed life that lacks purpose and fulfillment. At the other end of the spectrum, there are those whose lives are run by never ending lists of imperatives that allow no time for self care, heartfelt communication, or taking a deep breath. I guess what I’m looking for here is some BALANCE. For many of us, including me, that can be an elusive concept. So this month, in an attempt to capture that simply complex idea, I am going to briefly state some thoughts on how maintain your equilibrium while you cross some of those chasms of life.

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1. Set Your Goals. If your list is like mine and crammed with too many things to actually keep track of (or honestly ever actually get done), cut away the dross and let the gold remain. What I mean is give serious thought to what is important and doable. If your list is empty, well then, you need serious thought too. Where do you want your life to be and what should it look like when all is said and done? That should be a start in helping you determine some of those goals.
2. Write Your Goals. Studies show that people who have written goals are far more likely to accomplish them than those who don’t. There is something about seeing it in “black and white” and keeping it in front of you that solidifies a thought. Somehow it makes it more real, more important. Even scripture tells us that this works: **And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it** [**Habakkuk 2:2**](http://www.biblegateway.com/passage/?search=Habakkuk+2:2&version=KJV)
3. Stop Ignoring Your Heart. Somewhere inside you there is that niggling little voice that tells you to pay attention. Some people call it a conscience, some people call it intuition, the Bible says that it is His Spirit speaking to our heart and giving us direction. **And after the earthquake a fire; but the Lord was not in the fire: and after the fire a still small voice.** [**1 Kings 19:12**](http://www.biblegateway.com/passage/?search=1%20Kings+19:12&version=KJV). Is there a fleeting impression that comes when someone talks about exercise or healthy eating? Do you feel a twinge when you miss your son’s baseball game or your daughter’s recital because you just got too busy? When you are lying on the couch in front of the TV does a thought of a more productive activity flit across your mind? Listen to those impressions, twinges, fleeting thoughts. They are that “still small voice” quietly asking for your attention.
4. Find Your Purpose. We are all created with a purpose. You were specially designed with your personality, your talents, your gifts, and your way of understanding. God has a way of weaving those parts that are you together with your experiences, both good and bad, into a unique person who fits into his plan and His purpose. Now, unfortunately, not everyone tries to find that purpose and that plan. Don’t be one of them. Don’t waste your talents (See Matthew 25:14-30). Using them the way God intended brings many rewards, both now and in eternity. It will also give your life balance and help to eliminate some of the unnecessaries. **Balance, peace, and joy are the fruit of a successful life. It starts with recognizing your talents and finding ways to serve others by using them. Thomas Kinkade**
5. Face Your Issues. If there are problems lurking in your past that continue to trip you up, look at them squarely and start working your way through them. Talk with a friend you trust. Go to a pastor in whom you have confidence. If the matter that troubles you is serious, find a professional to help you walk through it. Pray and let God guide you in your journey. But don’t let it continue to keep you from the life God designed you for.

Living a balanced life is a key to maintaining your health in every area. It gives you the space for a good work ethic that will benefit your finances. It will make room for sensible eating and exercise habits to benefit your physical health. It will work in time for prayer and building your spiritual life. Balance does not feel guilty about self care and a little time for mental relaxation which promotes mental and emotional health. I will leave you with this great pearl of wisdom concerning the attitude that keeps us balanced:

**To everything there is a season, and a time to every purpose under the heaven:**

**2 A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;**

**3 A time to kill, and a time to heal; a time to break down, and a time to build up;**

**4 A time to weep, and a time to laugh; a time to mourn, and a time to dance;**

**5 A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;**

**6 A time to get, and a time to lose; a time to keep, and a time to cast away;**

**7 A time to rend, and a time to sew; a time to keep silence, and a time to speak;**

**8 A time to love, and a time to hate; a time of war, and a time of peace.**

**Proverbs 3: 1-8**

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