



By: Dr. Dale Atkins

Sanity Savers™ for a Balanced Life

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There seems to be a common trend today for women. More and more women in their 30's, 40, 50's and even 60's are reexamining their lives and making lifestyle and career changes while exploring new possibilities.

Some have been thrust into self discovery by a specific event in their life (divorce, illness, death of a loved one, loss of a job, empty nesting) while others intuitively know they need to embrace change and grow.

Whatever the reason for their new focus, women are finding satisfaction by following their passions, joys and dreams.

Here are a few Tips for beginning the process of change:

Clean Out Your Closets and Your Life - To allow for growth, women especially have to feel their home is in order. Take care of the "externals" (home, finances, loved ones, and other relationships) so you're not overwhelmed with sundry concerns while starting the "internal" process of change. This is the time to clean those closets, simplify your daily routine, let go of weighing relationships and make sure those you're responsible for (children, spouses, parents) are taken care of so you can make room and space for the new.

Listen to Your Internal Voice and Face Your Fears - Self confidence and self esteem build as you listen for your true calling. Focus on what YOU know you are meant to do rather than what other people think you should do. But, listen to others because they may have some good insights. This is a process and does not happen overnight. Visualizing being the person you truly know yourself to be.

Give Yourself Time to Transition - Learn what is motivating your change and what you need to move forward. This may be the time to take a class or study with a mentor or coach to develop your abilities in a new or dormant area. Find the path that works for you.

Discover What Gives You Meaning and Purpose - Ignite old passions or explore new ones. What have you always wanted to do or gave up doing that you're still longing for? Find your passions by examining your talents, skills, interests and unique gifts which will undoubtedly lead you to your life's purpose.

Allow for Spiritual Growth - Opening up to our true essence and authentic self connects us to our spirituality. Try and take time to quietly reflect and "let go" by meditating, praying, journaling and inviting nature into your life. Find the time for solitude to really inquire of yourself what is next for you in your life. Yoga is especially restorative and promotes a positive attitude and perspective.

By welcoming change into our lives, we have the opportunity to dream and make those dreams come true!

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Gary Mackler, Rebecca Varin,
Rocky (the dog) and Eric Purcell

Eric Purcell

Invites all Friends of Black Tie International Magazine on their next trip to Palm Beach to join him at his new Health Club.

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