



Count your Blessings and reap the rewards



BALANCE

Article by
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"Focussing on the negatives in life can have a flow-on effect on your thinking; productivity and even your health. When we take time to appreciate what we have in our lives we gain perspective and feel more calm."

Ahhh! Doesn't anything ever go my way? Ever caught yourself saying that? We've all done it at some stage! It's easy to be negative about a challenging situation.

As parents we can get so focussed on our child's misbehaviour that we miss the things that they do right. I learnt early in my parenting to acknowledge and reward good behaviour – even when it seems impossible to find any. I discovered that once I looked hard enough, it was there and the result of taking the time to encourage my son was beneficial for us both!

The same goes for life. Focussing on the negatives in life can have a flow-on effect on your thinking; productivity and even your health. When we take time to appreciate what we have in our lives we gain perspective and feel more calm.

Next time you're feeling down, negative or even just a bit flat about a particular parenting situation, try the following:

1. Grab a notepad and pen. Go to a private area for a few minutes, (the bathroom if you must!).
2. Take a few long, deep breaths, allowing your body to relax.
3. Now, keeping the present situation in mind, think of one thing that's working for you right now. Give yourself time to really connect with the feelings of gratitude for that positive ray of hope.
4. Jot down things that come to mind about this situation. Changing the perspective on a challenge can open your mind up to new possibilities that you hadn't seen before.

Recently I put this idea to the test. My son was hospitalised for a week, which was scary for him and the whole family. However, when I really thought about it I became aware of how grateful I was to have the best medical attention available; kind and friendly nursing staff and a very brave child who didn't complain about what was happening to him.



It certainly helped me get through a very trying week.

In life you get what you focus on. Take some time out for yourself to focus on what is working in your life, count your blessings and you'll be rewarded with more of the same!

Marie Farrugia speaks about balancing life and work, not from theory but from personal experience. She can be contacted at www.timeforyou.com.au or info@timeforyou.com.au

**STOP
PRESS**

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Seven Singapore schools have begun using the NEW Young Leaders Program to train their student leadership teams as part of the Singapore Ministry of Education Innovations and Enterprise Program.

Michael Grose conducted a two day training program for Singapore

teachers in the essential concepts of student leadership development in September this year. Singaporean schools have a strong focus on leadership and entrepreneurship development for all students.

