



The Gift of Perspective
Life Coaching by Karen

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WEEKLY NEWSLETTER



INSIDE THIS WEEK'S ISSUE:

Live A Blanced Lifestyle

*Balance is not something
you find. It's something you
create.
-Jana Kingsford*

The Power of Words

Karen McKeivitt • Life Coach

2021 has certainly started off... interesting, let's say. As a resident of the Washington, DC metro area, National news was our local news. But you know this is more than politics for me.

I unfriended a Facebook friend. You know them, the acquaintance you're friendly with. We networked a few years ago and I genuinely like her. But we aren't meant to be Facebook friends. We differ in our views and that's ok! I keep an open mind that I may sway one way because of the information sources I consume. We all have our own perspective.

I've "hidden" her comments several times in the few months, not because of her views but more on her "attacks" that if we didn't see her way, we were "x"... whatever was the flavor the day insult.

This pained me (clearly if I'm writing about it). How many of us are ending friendships of many years over a differing view.. not even politics? Are we ending our friendships over a typed out word, not a true conversation? I have a friend who's long-term friendship ended and she doesn't even know why! She left messages an apologies to say she was wrong about something she wrote, not thinking about how it came across, with no response to the apology. Have the conversation...you really just never know!

In my case, I'd still love to grab some coffee with this friend. Don't close the book. Communicate!



Live a Balanced Lifestyle

It's time to help you create a more balanced lifestyle so that you can shine, not just in one area of your life, but in **ALL** areas of your life!

But first, why am I talking about living a more balanced lifestyle?

We spend a lot of time compartmentalizing the various areas of our lives: relationships, career, money, exercise, health... but we all know that if one area is out of whack, our **WHOLE** life is affected.

Imagine making tons of money **AND** being in a loving, happy marriage **BUT** you have no time to exercise. Pretty soon you will appreciate your flow of money and love less simply because your body is not getting the exercise it needs to feel alive and energized.

That's why it's so important to think of your life as one holistic pie and to make the decision to put your energy into making every piece of that pie as yummy as possible!

So what would creating a more balanced lifestyle look like?

Great question!

Creating a more balanced lifestyle would mean taking a really good look at all areas of your life: relationships, career, money, exercise, health...and making decisions about what is and isn't working in each area.

Sometimes the reason we stay stuck in unhealthy or unhappy areas of our lives is because it's easier, in a way, to stay stuck in the familiarity than to find the creativity and energy to make the changes needed to improve our quality of life and move into the unknown.

But don't worry, I am here to help you begin to **IMAGINE** what your life in balance would look and feel like... you are not alone! But first...

How will I know if my current lifestyle is unbalanced?

- Are you used to getting things done on your own, but could use a little support?
- Do you want to build a healthier relationship to food?
- Do you eat when you are bored, angry, sad, or stressed out?
- Do you want to develop a deeper connection to yourself and others?
- Do you want to be empowered to be your own health expert?
- Do you want to be inspired about healthy cooking?
- Do you want to discover optimal eating for your unique body?
- Do you want more confidence, energy, and self-acceptance?
- Do you want to be challenged in new ways?
- Do you want to be held accountable to show up for yourself?

What do I do now?

If you are ready to embrace the best version of your life possible, then click below now to schedule a time to talk with me about the important steps to take to make changes in your lifestyle that will help you **CREATE** your DREAM life!

In Health, Karen