

Love . . . and Not So Much

This is one of my favorite things to do when I'm feeling overwhelmed. And a great starting point for this *Chaos to Calm* program.

How to do:

1. **Print out** template (on Welcome page). Or keep an ongoing list on smartphone.

2. Simply **write down the things you LOVE ...**

- * What really makes you feel good (from music to TV to magazines to yoga to)
- * People who light up your day (vs drain it!)
- * Favorite parts of home, work, weekend, weekday, calendar, etc...

... and things that **drive you CRAZY** (typically don't like the word "hate" but loved the image I put on template!)

- Stuff around the house (that's broken, you just don't like, etc.)
- * Appointments on calendar (commitments to reconsider, activities / get togethers not looking forward to)
- * People that aren't good for you (Notice how you feel when you see a certain someone calls or is on your schedule. Or frustrating things one close to you at home or work does)
- * Chores or work tasks you dislike
- * Things you do that drive *yourself* crazy
- * And, of course, organizing (or lack of) type things (from clutter to life in general)

3. **Keep list handy** and jot down as you notice something you're really loving - or really not. We'll refer to this throughout the program. **It's a great way to pinpoint changes that need to be made + where to put your focus.**

4. **Date it at top.** It's interesting to do periodically. You'll see patterns, growth, and where you're *still* stuck.

Sometimes the "love" list is harder to do. Especially if feeling frazzled, tired, frustrated, unappreciated, ... So, think back a ways if you have to.

LEARN TO RECOGNIZE: Listening to your gut - feeling how your body literally reacts - shallow breathing / tense back & shoulders? Or opposite... that kind of peace / excitement / anticipation ...

Idea:

Each day, ask yourself: What were my favorite three things about today? My least favorite three things? And why?

KID FRIENDLY!

Truly understanding what you love and what you don't - this is so important for kids, too. To know - *it's okay* if they don't want to go on that playdate or do a particular sport. *And what they really passionate about?* Figuring that out and supporting that passion in different ways - one of the best things you can do.

Just like us, our kids react to stress in individual ways. And by helping them learn to recognize and handle is invaluable. The idea (above) is a super way to get kids to (and adults!) to be more in tune with what they truly feel. **Make it a dinner or bedtime ritual.** (*Help your child keep his or her list!*)