

“Summer Revamping for Fall / Winter Success!”

By Dr. Cindy Brown, “The Relationship Strategist”

Now that it is Summer and the weather is hot, it may be a good time to slow down and take notice of how your life has been “dished up” this first half of the year. Are you feeling fulfilled? Do you feel your life is balanced? Are you feeling successful and productive? Well this article has some beginning steps for you to get back into the cuisine of life and start indulging in the deliciousness that life has to offer you!

I know there’s a saying that says, *when it is hot, get out of the kitchen*, however NOW really is the time to do a little “fixing in your kitchen,” read on...

1. Take a survey of how your life pie is measured out. I was talking to a private coaching client of mine yesterday in her session and we discovered her life pie was a bit unevenly cut; she was spending more time in the relationship slice than in other areas, so she wasn’t as fulfilled or being productive in other areas of her life. My belief is that each slice should be experienced in your life more similar in order to have a balanced life. My pie is made up of these 8 slices: Personal-Health & Wellness, work, friends & social, Family, Spirituality & personal growth, Relationship, Community & Charity, FUN & Adventure. I try to include an equal amount of time (give or take; balanced out over the month), activities and practices in each area, each week and month. **What slices are missing in your life? What areas are you more or less indulged in?**

2. Look at your fulfillment level in each of your pie slices (or lack of). Create a pie chart for yourself to hang on your wall that will represent your life pie. You can look at each day as a reminder to include a balance of all your slices of your pie in your life. Make it colorful and inviting to your eye, you can even hang it on your vision board and use *Law of Attraction* Techniques of visual, emotional and action oriented focus.

3. Each day, week, month when you are planning out your schedule of tasks, appointments and goals, look at your pie chart and make sure you are including activities and opportunities to partake in the deliciousness of all the slices of your life pie. As you get into the habit of balancing your life, it will become part of your permanent pattern of behavior. If you need help uncovering and discovering and then designing your new pie and menu of life, please give me a call at 310-202-1610 to set up your results session. I look forward to partnering with you in your life kitchen to create your life pie for your success!

Remember: In order to be the person you have never been, In order to have the **Life and **Success** you have never had, You must do what you**

have never done before: **Give me a call 310-202-1610 or contact me so I can support you in having the best life you've ever had!**

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