



HOW TO KEEP THE MUSIC PLAYING IN ALL AREAS OF YOUR LIFE

Everyone struggles with pressure.
It's part of mainstream life and it often takes its
toll on relationships, health and success.

This writing looks at the way individuals can 'have it all' and
achieve that elusive thing millions seek called – BALANCE.



Dialexis, Inc.

1-800-98-PROFIT

www.dialexis.com



HOW TO KEEP THE MUSIC PLAYING - IN ALL AREAS OF YOUR LIFE

Marhnelle Hibbard
Managing Partner, Dialexis, Inc.
Co-Author of SOAR Selling

Is it possible? Can you keep it all in balance, enjoy the journey and drive amazing career results? I am frequently asked; “*how can I balance my life?*” Being successful with your career is a full time job and then there’s the other side of the equation – being a good.....no, great husband/wife, mother/father, brother/sister, conjures up the thought; *forget it, there is NO TIME...it’s not possible!*

Think about it, how does it work, how can there be success in all domains of your life or is it just a losing battle? Sometimes it might feel like it, but I can tell you there is light at the end of this tunnel.

Consider this story: A few years ago I had a discovery, it came at a time when my travel schedule had doubled and there were more projects and expectations than there had ever been before – it was crazy. Then I suddenly realized that I was somehow getting it all accomplished. Under all this pressure and all the demands, there seemed to be *time for everything*. I was getting the reports done, contacting new clients, arranging a date night with my husband before I left on a demanding business trip, and I even found time to be at the kids’ game. So what was different? There certainly weren’t more hours in the day – what was it? What shifted?

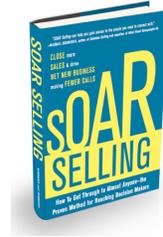


When I stopped to reflect how I was ‘having it all’ I realized something profound, it was me that *was different*. I consciously made a *choice* to make it all happen; I got to the kids game on time, took time for romance in my personal relationship, got business handled even cleaned out my inbox! It felt good.... no, it felt great!

In the end, what I realized was, it really wasn’t about *time or the projects or anyone else* – it was about ME. As I said, I was different. My thinking was different. I wanted it all and I made a decision I could have it all, the answer was discovered *in my approach* to ‘having it all’, giving myself permission to believe I can have it all! In reflection, what became clear was that I was making *different choices*. I was suddenly focused on *all parts* of my life – every domain was important to me so I gave it the focus and attention it deserved. What I found was that I suddenly focused on my game in every area of my life, because I had decided I not only wanted to, but I *deserved* to ‘have it all’.

What I didn’t realize at the time was how off track I had been in the past. I had always been so focused on **one part** of my life and “fit in” the other parts. The big wakeup call was deciding to make each part of my life important, not just my career, but everything! Suddenly, I created time for it all. When I made that decision, I also noticed I had a calm sense of urgency handling things without the panicky feeling or indifference that can come with pressure. As a matter of fact, it didn’t really feel like pressure any longer; it seemed effortless like a well-orchestrated “flow.” I’m sure there have been times in your life when things just move as if there was a conductor arranging everything. For me, there was an ease about everything, like a current of water and I was part of it. I was clear and the clarity seemed to balance everything.

So, yes the music can play in ALL domains of your life – *you literally can have it all*, a successful career, and a satisfying personal life. The challenge is simply being *open to the possibility* that you can have it all.



Since we are heat seeking missiles when it comes to being “right” about how we see things, if your thought is, *“this just isn’t possible”* you close the door for a life shift. However, if only for a brief moment you consider the possibility *that you can have it all*, then you have a shot! Here are a few tips that I hope support you:

1: Be open to reframing your view of ‘what is possible:’ *Let your thoughts flow as if you were the architect and could design anything. Think about what you really would like your life to be like, use your imagination. What would be satisfying to you, how would it look, and what is the experience you want to experience?*

2: Visualize: *See yourself being recognized as the top performer, having new clients, great referrals from your clients, (remember the feeling of ease). Imagine your personal relationships as effortless, romantic, fun, exciting and so on. See yourself having the time to BE with your kids, present to their every move.*

3: Be generous to yourself: *Be kind if you find yourself getting frustrated again, or if you begin falling into the frenzy of the day or week. The essence of balance is constantly correcting imbalance. Yes, there may be bobs and weaves, ups and downs – but when you realize it is your choices that create your results; you can switch the music because you are the DJ of your life! Yes, imbalance is part of being balanced!*

4: Retrain everyone in your life to expect your new choices. *When you make the decision to have it all you are going to show up different...to everyone! Remember, those around you have been used to flowing with your imbalance...they become a part of your frenzied music. When you suddenly gain control, because you have shifted your mindset, everyone will experience your shift. If people around you are dancing with you in the chaos and you suddenly find your flow...your dance pattern, there is bound to be ‘bumping.’ Don’t worry, they will ultimately adapt and dance to your new music.*



The Insanity Of It All: As I said, when you are balanced in all areas of your life there is flow, and it's actually the attention to the **imbalance** that can get us out of **balance**! Think about this, you spend hours and hours at work so you can provide for the loving family you yearn for, but what do your kids really want from you? They want you to be at their game without being on your iPhone. When you are consumed at work 10 + hours a day you end up emotionally feeling out of sync with all the other aspects of your life. The tension builds and the imbalance sets in – and it soon becomes **who you think you are**. Ultimately, your imbalance wears on you and everyone around you. The insanity of it all is that it doesn't have to be that way, with a mindset shift the music can play in all areas of your life.

The Opportunity: Make the decision to have it all without a perfect plan, without absolute evidence of **how to do it**, because **once you decide** you can have it all and keep the music playing in every area of your life...it will just happen. The path will be revealed to you, answers will come, calmness will prevail and suddenly you will hear the music again and it will flow like never before!



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