



DreamLift

a monthly newsletter from

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helping people create a happier, more passionate life!

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Why Are You Working Today?

Recently, one of my clients had a brilliant, ah-ha moment. She realized that she doesn't need to think about the work she'll do 10 years from now, or 5 years from now, or what things will look like at the end of the year, or next month, or next week, or even tomorrow.

She realized her attention can be narrowed. Her vision can be targeted. Her objective can be to focus on only what is happening right here, right now.

It's brilliant.

In our work-life, many of us feel caught up in the snowball as it careens down the hill. And, each day, it feels like the snowball just grows bigger and stronger and faster and more impossible to stop.

You know the feeling. You're trying to do everything, cover all the bases, manage the minutia, roll with the emergencies. It's easy to lose sight of your self.

The truth is you don't HAVE to go to work today.

(OK...you might not have a job tomorrow if you don't...)

Truth be told, I don't think anyone reading this has been bound and gagged and dragged into work. On some level, you are choosing to go to work.

So, why are you working today? Contemplate these questions:

- What do you want to focus on?
- What's in it for you?
- What would you like to accomplish?
- What will make the day feel complete?
- How do you want to feel when it's time to leave?
- Who do you want to support?
- What do you want to finish?

As long as you're going to go to your work, why not carry a joyful, positive intention with you?

Playtime

The following is a list of intentions I use for my time at my jobby (my hobby-job, Weight Watchers). You are welcome to borrow any of them, and alter them so that they are a good fit for you.

Why Am I Working Today?

*Today I'm working to **Encourage Others***

Today, I intend to use my energy today to help others feel successful, happy, positive and grateful. I want my colleagues and clients to leave feeling better than they did when they arrived, and to help them see their greatness.

*Today I'm working to **Laugh Often***

My intention today is to chuckle at the things that normally irritate me. I want to laugh - early, often and a little louder than I think I should!

*Today I'm working to try **Using new muscles***

As I work today, I intend to stretch myself. I intend to push myself beyond my comfort zone. I want to see how it feels to take on tasks that are a bit outside my norm.

*Today I'm working to **Keep Things Simple***

My intention is to look for every opportunity today in which I can simplify the task at hand. I will ask myself and others, how could this be easier? I will feel grateful when a simpler idea presents itself.

As one more piece of play, I'd like to encourage you to take a moment when you leave your workplace and review your day. Did you see your intention manifest? How did it feel? Did you notice a difference? And, can you feel pleased at what a brilliant creator you are???

WHETHER you work may not be entirely up to you. HOW you work, though, is always your decision alone!