



Renée Trudeau & Associates

Advocates for Balanced Living~  
Coaching, Training and Workshops

## **Reclaim Your Life: *Strategies and Insights for Balanced Living***

≈ **Know your top priorities & effectively manage your energy:** What in life is most important to you? How good are you at managing your energy? What is draining you? What is fueling you? Are you comfortable saying “no” and not over committing? Create an “absolute yes” list and adhere to it! *“Things which matter most should never be at the mercy of things which matter least.” Goethe*

≈ **Make your self-renewal a priority:** By filling your cup first, you’ll have more to give to clients/family/friends, you’re able to function at your optimum and you’ll be setting an example for healthy, balanced living for those around you. Self-care (on all levels physical/mental/emotional/spiritual) should be part of your every day life. *“Self-care is not about self-indulgence, it is about self-preservation.” Audrey Lord*

≈ **Build a personal support system:** What type of and how much professional & personal support do you need to feel nurtured, emotionally healthy and stress-free? Learn to ask for and receive help. Re-evaluate your support needs every 3 months; these change based on your current life stage. *“Having a support system when going through a transition or challenging or stressful time, can have a huge impact on how you experience the journey.” Renee Trudeau*

≈ **Be more present in all that you do:** Stress and overwhelm are often brought on by dwelling on the past or living in the future. By spending more time living in the present and focusing on what is most important in the here and now, the calmer, more effective we become. And, in general, we experience a greater sense of balance and integration. One effective way to be more present is to really be mindful about how/when we use technology (cell phones, email, etc.).

### **Four Areas of Self-Renewal (and examples of each):**

#### Physical Renewal

- Eat foods that are healthy and nourish your body
- Get enough sleep; make sure you’re hydrated

#### Emotional Renewal

- Create time for heart-to-heart talks with close friends or mentors
- Ditch self-criticism/judgmental thinking about your actions and thoughts

#### Spiritual Renewal

- Take time to be alone and think or write and connect with your authentic self
- Take a walk in a park or out in nature; meditate or pray

#### Mental/Intellectual Renewal

- Read a good book or enhance your knowledge about an area that interests you
- Challenge yourself: sign up for a class, group or workshop and learn something new

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