



STABILIZERS

Life is full of the unexpected and is a constant moving ground beneath us. If you do not have your stabilizers in place, you are at risk of being sent off course, overwhelmed and stressed.

This means that you are not prepared and need to make a different choice.

A boat has an anchor to keep it in place instead of drifting off course. A tent has tent pegs to stop it from blowing over. What do you have in place?

Your stabilizers are as important to you as the water and food required to sustain your life.

Before asking the questions do the hand on heart breathing aligning with the words, I AM.

REFLECTIVE QUESTIONS

Name them to claim.

What are the things or activities that sit high on my values. That make me feel calm, energised, connected, and centred. Fulfilled?

For example- exercise, meditation, walking, connections with friends, reading etc

If I was too busy and short on time, what are the top three that are of the highest value to me?

When I give myself time for the top three, how do they make me feel?

What value do they add to me and my life?

POWER QUESTIONS

Trying out the old is only demonstrating to me where I have placed my limitations.

Am I deserving of self-care?

How will my stabilizers serve others around me?

What am I choosing if I deny them?

What will committing to my stabilizers give to me?

TASK

Identify your three stabilizers, the must have that are now your non negotiables.

Allocate the bare minimum time you will commit to them eg meditation 5 minutes x 3 a week.

Note

It is not how much time you give to your stabilizer; it is the fact that you do it that fuels you. Bare minimum can always go over, you commit to not doing less in your busiest time.

My word is my bond, and these are my non negotiables!

Visit your rules of the game. Complete your weekly landscape creation on Sunday.