

A New Year has just begun - and yet somehow is still the same?

The relentless beeping of the alarm clock snaps you out of your beautiful dreams. Feeling absolutely exhausted, you pat around looking for the "off" button, turn on the light, pull back your covers and force yourself to get up. Still pretty dazed, you stumble towards the kitchen. On the way you almost trip over the Lego bricks scattered all over the floor. There are still traces of dinner everywhere in the kitchen, and a glance into the cupboard reveals that you have once again neglected to turn on the dishwasher. You sigh deeply, tie up your hair and get started: rinse, tidy, clean, make breakfast. Because at 6:30 a.m. it's already time to wake up the kids, prepare breakfast for your sweetheart to enjoy at the office; time to have breakfast with the little ones and get them ready for school and kindergarten - everything happens while you're already dealing with the first calls and e-mails from your workplace.

When you find yourself alone in your apartment again, all you want to do is cry: the year has just begun, you had planned so many things, wanted to change so much, and once again everything is going exactly the way it used to...

Does this ring a bell? Are you also stuck in the loop of obligations, accustomed procedures and personal exhaustion and overload almost every day? Do you also no longer want to just function like a robot, unwinding your tasks without ever thinking about how you imagine your everyday life, your life in general? Without ever feeling that it is indeed YOUR life that you're living?

STOP. HOLD ON.

After your alarm, take two minutes to stay in bed and mentally go through your to-do-list. For each point on it, or at least for the first three, ask yourself: Will this matter tomorrow? In a month? In a year? Each point for which you answer "no", you can cross off your list. You will notice how you will be much more focused, lighter and more relaxed as you start your day, if

you prioritise well. Of course, the things you have to do won't reduce in number, but you will begin your day with internal clarity and strength.

MAKE IT NICE.

If your impending tasks make you feel like you're suffocating in the morning already, if you feel like you just can't do it before you even set foot in your office, then grab your phone, put in some ear plugs and turn on your favourite music. Merely five minutes in which you plunge into the melody, the feelings, the memories and positive aspects which the music triggers. Dance, sing and allow yourself to daydream to the music! Release your emotions and feel the energy of the music, how it permeates body, mind and soul. You will notice your feelings of doom and gloom slowly turn in to little moments of joy, of laughter and soothing memories, and you will go through your day feeling more relaxed and cheerful.

BE PRESENT.

Wherever you are, whatever you do, always be mindful. Try to focus only on the present task, person or moment. Practice mindfulness by consciously re-focusing on the current moment whenever you find yourself drifting off with your thoughts, when you start planning the following tasks for the day or when you wonder how you should fit all of your duties in your 24 hours. Imagine the thoughts and duties distracting you as trains. You are standing on the platform and you get to decide which trains you let drive past and which ones you board. You will notice how, in time, you will be able to let go of your worries, of your internal commitments and of your future plans more easily. You will learn to consciously decide which thoughts you want to follow and which ones you let whiz past.

BE MINDFUL.

Be good to yourself! Schedule five minutes per day for yourself only. Five minutes in which you are by yourself consciously, in which you entrust yourself completely to the moment, to the magic of the present, and in which you simply are. You might wonder, how this is supposed to work? How you should be able to find yourself in the daily turmoil of responsibilities

and challenges? You might want to try a meditation app. Download it onto your smartphone and dedicate five minutes of your day to it. Choose a place where you can be on your own quietly. Sit upright yet comfortably and focus on your being, your presence in this place, in this moment. Feel your breath, how it streams through your body and how your breathing gradually slows down. Let go of everything except the present moment. When you have reached a state of complete focus and calm, start meditating. In time, you will feel your internal strength, clarity and calm grow significantly. Your life, your own self even, will be permeated with presence, surrender and serenity. And this will enable you to go through your life with a renewed sense of clarity and power.

BE BRAVE.

You think that all of this sounds too good to be true? Are you standing in your kitchen, absolutely knackered, and do you think you'll never be able to implement these small changes into your everyday life? Be brave and take that first step. Start with one task, and stay resolute. Take it upon yourself to incorporate that one task into every single day for three weeks. After this time has passed, take stock of how much has changed. You will be surprised to see how much change, presence, self-efficacy and clarity you can bring about with these little exercises. Be brave and take that first step – sensually, passionately, and aware!

CHANGE YOUR MINDSET! CHANGE YOUR LIFE!

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