



## **MAKE SURE YOUR HOME LIFE RE-VITALISES YOU**

### **\* Make room for what you love – look after your Self, you're precious**

Remember paid work is only part of your life and probably won't last for ever. Learn to close the door on time and to leave your work in the office at the end of the day, especially if you own your own business. When you return from work have you plenty of time and energy to do the things you really want to do? If not, what can you alter?

### **\* Build a rich social network – it will be with you forever**

For many, passive leisure activities, the TV and computer, have replaced the more active leisure activities that brought lasting happiness. These lost active activities involve communication and quality experiences with one's family, friends and community. What does your social network look like, does it need strengthening? When did you last spend time sharing experiences and developing friendships?

### **\* Ensure you're doing what you want, not what you should – enjoy the freedom**

"Shoulds" may make you look good in the eyes of your family, friends or society but they will certainly not re-vitalise you... they're more likely to drain you. Are you enjoying your home life fully by doing what you want to do? Are there any 'shoulds' that you need to drop or transform to 'wants'?

### **\* Spend your money wisely – have the home life you deserve**

Your beliefs around money influence your choices during both work and non-work hours. Are your beliefs yours or those of your parents? Do your beliefs stop you from pursuing activities that will bring you lasting happiness and re-vitalise after work? If they are, how are you going to change them?

### **\* Learn the art of absorption – get into flow**

Make sure you're doing activities at home that you love and you can become totally immersed in - if thoughts about work activities creep into your mind dispel them immediately. How can you set up your home environment so that you can pursue activities that re-vitalise you and bring long term happiness? Who can you ask to support you in this?

### **\* Slow down, savour the moment - enjoy the present**

Only when you slow down and stop thinking about the future can you become aware and truly experience the present. The present is the gift. When did you last stop to 'smell the roses'? What is stopping you do that daily?

### **\* Be creative – surprise yourself and others**

Habituation is likely to de-vitalise rather than re-vitalise you. At home you are in charge ... ensure that every evening and week-end is not the same, introduce an element of surprise to your own life as well as that of others. When did you last surprise someone by bringing them breakfast in bed...or a bunch of flowers? When did you last go on an adventure - somewhere new? Does anything need to change?

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