

Coach's Corner

by Sharon Pahlka, kidney patient and life coach



It is enough

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"It is enough" were the first words I heard when I tuned into a radio program. Although I had no idea of what the speaker was talking about, my ears perked up. I needed to listen to this. "Am I a person who never seems to be happy?" I asked myself.

I am not one to say, "It is enough" and retain the peace and happiness that can come with that. Rather, am always out to climb that next higher mountain. "What's next?" "What else?" Maybe, I'll be happy when I find a husband, get x amount of speaking engagements, or have more courage than now. But what about taking a deep breath, looking around and saying, "What I have here is enough." Focusing too much on me and what else I think will make me happy gets in the way of being content, grateful, and being the blessing to others that we are meant to be.

"Enough" will be different for each of us, but we should think about what is enough. For me, enough means enjoying the moments of each day that I have, not waylaying my contentment for something I hope will happen in the future. I want to focus on what I can do and what I mean to others. I want to genuinely say, "It is enough."

Coaching Question: When is enough, enough? What will finally make you content?

Coaching Tip: You may not be able to choose your emotional reactions; you can choose your responses, behaviors, and your focus of attention.

Homework: Keep a journal as a way to step out, step back, and get back on track.

Quotes:

-"Good is not good, where better is expected". *Thomas Fuller*

Sharon is a life coach specializing in helping those with chronic health challenges live well and meaningfully. She spent 19 years on dialysis, and for the last 14 years has had a kidney transplant. To learn more and read other Coach's Corner articles, visit her Web site: <http://www.lifeisagift.com>.