

Coach's Corner

by Sharon Pahlka, kidney patient and life coach



Worth eight cows?

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What if you viewed your caregiver as a priceless gift? You would honor them by placing high value and worth on them. It's the loving thing to do and builds closeness and intimacy.

I read a fun story called *Johnny Lingo's Eight-Cow Wife*, by Patricia McGerr. It's about the power of treating someone like a priceless treasure. A young islander named Johnny Lingo paid the unheard of price of eight cows for a wife. Most wives cost two or three cows; four or five buys a highly satisfactory wife. This was most unusual because Sarita was unattractive, plain, skinny, and very shy. When the teller of the story met Johnny and Sarita, she was amazed for Sarita had become a truly beautiful woman. Because Johnny Lingo had considered Sarita to be worth eight cows, she began to feel and present herself as an eight-cow woman. Before Johnny entered her life, Sarita was a plain island girl. After he placed incredible value upon her, she was transformed into a confident, attractive woman with a lift to her shoulders, a tilt to her chin and a sparkle in her eyes that no one could take away.

How many cows do our loved ones feel they are worth? The answer will give us an idea of how much we honor them.

I talked with a caregiver recently who was very discouraged. His beloved wife was having so many problems. I didn't know the whole situation, but wondered if his wife could leave her own difficulties long enough to focus on honoring her husband, would his discouragement have been less and his load lighter.

Coaching Question: Who do you want to learn to treasure?

Coaching Tip: Pledge to honor your caregiver, mate, and loved one through your words, actions, and deeds.

Homework: List all the things you admire about your eight-cow person. Post it where they can see it every day. To increase the list, consider their personality, appearance, thinking patterns, shared values, parenting skills, concerns, opinions, and life goals.

Quote: "Where your treasure is, there your heart will be also."
The Holy Bible

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 13 years has had a kidney transplant. To learn more and read other Coach's Corner articles, visit her Web site: <http://www.lifeisagift.com>.