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Coach's Corner: Dance in the rain

By: Sharon Pahlka , Journal Newspapers

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Busy, busy, busy! I am painting and repairing my home and putting on a conference on top of my already packed life. Right now, it feels like way too much. I hear myself saying things like, "I will enjoy our amazing summer when this is over," and "life will be good later." This doesn't sound right. I am a life coach, after all. Then, yesterday a friend sent me this quote: "Life is not waiting for the storm to end; rather, it is about learning to dance in the rain." I started telling myself the truth.

First I had to stop this crazy thinking. The truth is that every day on this earth is a good day. Am I going to zone out today and postpone living for the perfect time later? If I keep waiting to live until I am through this project, or through this time period, or have accomplished this or that goal, when will I live? Truth: never.

So, I am going to adopt a new outlook. I am not going to just "get through" things anymore. Getting through is not living. I don't care how busy or stressed I am, each morning I will remind myself that I have this wonderful day to fully appreciate. Each day - happy or sad, bright or dull - is as unique as a thumbprint and just as important as any other day. I am going to think about the many ways I can celebrate this unique and special day.

I sometimes act as though work isn't living, especially if am I huddled over my computer when I would rather be outside walking the dog in this glorious weather. No more. I'll remind myself that through work, we learn and grow. Many lasting friendships come from working with others.

Right now, of course, I don't have a good balance of work and play in each day. But that's a problem I can solve. I unbalanced it. I can rebalance it. It might be ideal to keep a balance within the same 24 hours. But I could choose to have a balance in the course of a month. Some days will be all play; others all work. I just need to commit to the play days as seriously as I do to the workdays.

So, what are you going to do to dance in the rain today?

Coaching Question: Are you accepting and embracing the present - warts and all?

Coaching Tip: Tell yourself the truth. How are you thinking about today? Write down three things of value that happened today.

Quotes:

"Nothing is worth more than this day."

-Johann von Goethe

"Most of us spend our lives as if we had another one in the bank."

-Ben Irwin

"Write it on your heart that every day is the best day in the year."

-Ralph Waldo Emerson

"The most important thing in our lives is what we are doing now."

-Ralph Waldo Emerson

"The ideal never comes. Today is ideal for him who makes it so."

-Horatio W. Dresser

Sharon Pahlka is a life coach and speaker. In her coaching, she helps her clients live well and meaningfully, especially those with chronic health challenges. Sharon's column, Coach's Corner, offers helpful tips from her work.

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