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Coach's corner: It is enough

By: Sharon Pahlka

"It is enough" were the first words I heard when I turned on the radio. Although I had no idea what the speaker was talking about, my ears perked up, realizing that for some reason I needed to listen to this. "Am I a person who never seems to be happy with where I am?" I asked myself. "Is what I have enough?"

I realize that often I am not one to say, "It is enough" and retain the peace and happiness that can come with that. Rather, I am continually moving on to climb that next higher mountain, saying, "What's next?" or "What else?" Or, I think I might be happy when I find a husband, get "x" amount of speaking engagements, or don't feel afraid so often.

While there is a place for climbing that higher mountain, it is also important to take a deep breath, look around and say, "What I have here is enough." Spending all that inner focus on ourselves and what we think we need to make us happy gets in the way of being content, grateful, and being the unique blessing and benefit to others that we are all meant to be.

Remember, your life is not just about you, it is about everyone you touch.

Of course, the sufferings and hurts of life cause us to feel less than happy. That is reality... that is life. A woman's husband dies and it is normal for her to intensely grieve before moving forward with her life. If years later she is still isolating herself, not able to enjoy her family or work, then the grief process is no longer natural and healthy. Sometimes we don't see how our inner sufferings are affecting others, not to mention ourselves. Sufferings of some sort are always going to be there. We need to move on in spite of our hurts and say, "It is enough."

For me, saying "It is enough" will lead me to be less self-focused. To focus on and enjoy the moments of each day that I have, not waylaid my contentment for something I hope will happen in the future. To focus on what I can do and what I mean to others. How much easier it is to be content when we are helping someone, as opposed to wanting more, focusing on ourselves, or looking for the next mountain to climb.

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: 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

- "Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content." Helen Keller

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.

Contact Sharon Pahlka via her Web site, www.lifeisagift.com.