

a monthly newsletter from

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helping people create happier, more passionate lives!

Feeling like You're Already "Behind"

December 8? Egad! Do you feel like you're already behind your holiday tasks? Like you're already just barely treading water when it comes to the holiday season?

It's easy to feel like all the responsibilities of the season are condensing time down to nothing. It's easy to feel as though there aren't enough hours in the day to accomplish all the things you have on your list. It's as though time moves at a different pace during the holiday season.

Why is that? Do we put too much pressure on ourselves? Do other people's expectations push us to unrealistic goals? Do we perceive some terrible outcome if we don't accomplish all the self-imposed tasks?

No matter where that feeling comes from, it's important to realize it's just not true. Even though it doesn't always FEEL like it, we still have the same hours in the day. We still have the same ability to manage the things that need management as we do in the rest of the year.

One of the problems, though, is when it feels like I'm "behind", it's really hard to move forward. The "behind" feeling gives me a sense of being stuck-in-place. Like my wheels are spinnin', but my car ain't moving forward.

How about you? When you believe you're "already behind", do you start to spin in place? Do you suddenly feel as though you can't even come up with a first step?

Those stuck feelings are a sure way to REALLY not be able to accomplish the tasks you'd like to do.

When I start to get that "behind" feeling, I have a lot of strategies I use. Sometimes I can eliminate some artificial deadlines, whether self-imposed, or given by society. For example, I find that if I don't get all my packages to the post office by a certain date, I can still generally get them where they need to go. If I send my cards a little late, my friends will understand.

The other thing I really like to do is tell the truth. One of my favorite authors and speakers, Byron Katie, says, "Reality is always kinder than the stories we tell about it". Although I say, "I'll never get everything done", the reality is I always get done exactly what I do! And, it's always fine.

The truth is I'm not behind. I'm here. I'm exactly where I am. That's the reality. I can't be any place but right here, right now. And, right here, right now, is just right.

Once I realize that, I can actually start to accomplish the next thing. No worries.

PLAYTIME

Where are you, right now? Are you feeling behind? Could you just take a moment, give yourself the gift of a nice, deep breath, and realize you are here. And it's fine. In fact, it's perfect. How else could it be?

Breathe in the moment. Let go of the desire for it to be anything different than exactly as it is. Appreciate it for its perfection.

And then, take a step.

Ahhhhh. Now, that's better.