

Calm Down
By Marilyn Suttle



Do you have a busy schedule? The kind of schedule that makes your well meaning friends shake their heads and say, "You've got to slow down." How does it feel to think about slowing down? Does it seem impossible?

Here's the good news, maybe you don't need to slow down at all. Instead of slowing down - calm down. This was the message I heard loud and clear last week when I attended a talk given by Bob Proctor. Bob is a 72-year-old man who is physically fit, mentally sharp, and in excellent health despite a schedule that would make your head spin. Bob is also a self-made multimillionaire with a filled-to-the-brim schedule of touring the world, teaching his brand of business success. He had a lot to say, but for me, "Don't slow down -calm down," was the prize of the night.

I had the chance to "calm down" the very next day. I had one of those days where every minute on the clock was booked from morning to night. After a full morning of activity, I had to drive an hour to a committee meeting. Then, turn around, pick up my son at school and drive him 45 minutes in the opposite direction. Return home and complete the rest of my tasks.

Do you notice what happens to your body when your schedule is full? How do you breath? Deep or shallow? Are your shoulders tense or relaxed? Well, I kept Bob Proctor's words in my head, and calmed down. What a difference. As I breathed deeply, all that hurry-energy left by body and the day became enjoyable. As I changed my attitude I felt vibrant and peaceful, appreciating the accomplishment of each task. Don't slow down -calm down. Give it a try, and let me know how it works for you.

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