

# Is This All There Is? Surely You jest!

## 3 Ways to Get “You” Back Into Your Life!

Do you have days where you look yourself in the mirror and ask, “Is this all there is to life?” If so, relax. You’re among very good company as most every woman I know will ask themselves this burning question somewhere around the age of 40 (or earlier in a few cases). We’re so busy trying to run a household, raise children, care for our spouse, run a weekly marathon of errands, prepare daily meals, find lost socks in the ever-growing mountain of laundry etc. that somewhere along the way we lose ourselves in the process.

Well, wake up Alice! This ain’t Wonderland. Wishing and hoping for things to change in your life is not going to cut it. The Good Life Fairy is not going to come and sprinkle pixie dust on you and make everything in your life all better.

Life is about change. You can’t keep doing the same things you’ve been doing and expect different results. Sorry, Alice, it doesn’t work that way. Things in your life don’t change until you take action to change them. Contrary to popular belief, the Prince is not coming to rescue you either. You’re going to have to save yourself.

Life is made up of a series of choices. Whether you actually make a choice or you choose not to, it’s still your choice. It’s called free will. The point is to make more conscious choices as opposed to unconscious choices.

Here are three powerful ways you can reclaim your power, get more time and kick your chaos (and stress!) to the curb with the garbage.

1. Get clear about what you really want and then go after it.

If you could snap your fingers and magically change your life, what would that life look like? Perhaps you want some quality ‘me’ time and a less hectic schedule. If that’s the case, carefully examine your life and immediately get rid of two ‘to do’ things on your list. Nowhere is it written in stone that you have to say ‘yes’ to everybody that asks you to do something for them. Learn to be discriminating with your time and always, I repeat, always slot at least 30 minutes into your day for some quality ‘me’ time.

2. Ask for what you need with confidence and clarity.

There’s a big difference between the words ‘want’ and ‘need.’ We all need the basics like food, clothing, shelter and love, but our wants are a whole other wish list. By making a ‘clarity through contrast’ list you’ll get really clear about what you want from your life. Take a sheet of paper, draw a line down the center, and on the left side, write down what you don’t want, such as, “I don’t want to be a slave to my kitchen

stove.” On the right hand side opposite this statement, write in what you do want, i.e. “I want to be able to eat out once a week without feeling guilty.” This exercise will help you to better articulate your needs to your spouse and others because you’ll be able to convey exactly what you want from them.

3. Live your life authentically, confidently, and fulfilled – awake, aware, and alive

By denying yourself what your soul requires to live an abundant life, you’re wasting precious time, and you are slowly but surely robbing the joy out of your days. Pay attention to that little voice inside you that keeps sending you messages when you’re doing something that goes against your Core Values – your ‘real’ inner gauge to living an authentic life. If that voice

tells you to say ‘no’, then do exactly that. Trust me on this one: by refusing to give in to someone else’s whims and wishes and expectations of you will be liberating and life-changing. Choose to live life by your own standards, not the ones set by someone else. You will live your life with more

passion, fulfillment and a whole lot less regrets.

Ladies, it’s time to go back and pick up the pieces of yourself you left behind along the way. It’s time to reclaim your power and become the powerful woman you were born to be.

And as my Daddy used to say, ‘You only get to go around one time in this life and this ain’t no practice run.’

***Cookie Tuminello, the unconventional, take charge, sassy, savvy and successful founder/CEO of Success Source LLC, is the ‘go to’ Business Strategy Coach Expert for people who are tired of simply settling for second best in their lives. Her warmth and passion for taking the fear out of your journey to change sets her apart from other coaches who only ‘talk the talk’ and haven’t walked or lived with overwhelm, chaos and confusion.***

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*Cookie  
Tuminello*