

PERFORMANCE PRESSURE

Do you feel a sense of overwhelm and like you are not measuring up, or reaching the targets, or achieving the goals you've set yourself?

Perhaps it is time to STOP, BREATHE and take stock of where you are, how much you *actually are doing* on a daily basis and ACKNOWLEDGE what you *have* already done or achieved?

The pressures we face today are not only time-based (too much to do and not enough time), but often include a sense of needing to achieve at a certain level, in all areas of our lives. If you feel like you are chasing your tail and not getting on top of all you *have* to do, then doing a little 'stock-take' may be in order?

Sometimes just getting through a busy day, and meeting the deadlines for that day or meeting the needs of those around you and perhaps a couple of your own needs, should be regarded as 'enough'. Maybe we need to stop putting so much pressure on ourselves and accept that 'good enough' is okay, at least for some days?

If we take the time to stop doing or being busy, or ticking off everything we have to get through; just listen to meditative or instrumental music that makes us 'feel good' and focus our attention inside, in the area of our heart and breathe deeply and rhythmically our busy, critical mind will quieten. As we continue to breathe, we may gain perspective and a sense of appreciation for *all* the blessings we *do have*; for *all* that we *have achieved* and the 'big picture' may emerge? In that moment, we know that what we are doing is enough.

Keep dreaming big but take small steps to get where you are going and remind yourself, "*I am enough*" (Marisa Peer)¹.

Robin Sharma² (author of *The Leader Who Had No Title*) reminds us that creating the right **mindset**, **heartset** and a sense of true **gratitude** can transform our lives.

- What if you decided that what you've achieved today is enough?
- What if you chose to focus your attention on your heart and just breathed deeply through your day?
- What if you really felt a sense of gratitude and appreciation for all you do and all you have?
 - How would your day be different?
 - How would you feel - about yourself and about your life?

¹ Marisa Peer. The Biggest Disease Affecting Humanity: "I'm Not Enough." See <https://youtu.be/lw3NyUMLh7Y?list=PLGTmiwrn3WcdBcozAuchM5w48Z9YAXD8P>

² Robin Sharma: The Journaling Deconstruction. See: <http://masterysessions.tumblr.com/post/149734390429/the-journaling-deconstruction>