Everything You Always Wanted to Know About How to Get a Life, But Didn’t Know Who to Ask
It’s human nature for one person to want what another person has, but the problem is that what you perceive someone else to have may not be what he or she has in reality.

I recently asked an audience what they wanted most out of life, and I wasn’t too surprised when they answered that ‘first they wanted to get a life’. What was interesting though was that almost everyone in the room perceived that everyone else was off enjoying him or herself and that they were the only ones working so hard. Their associates were giving out the ‘I’m okay and I’m coping’ signal when in reality they were all struggling equally.

Enjoy Life

Jennifer

In this e-book, I’m going to share with you the 15 most common questions that clients ask me about how to get a life.
Question 1

“How do I get more time to play?”

Answer:

Schedule it in.

Why? Because if you don’t schedule it you will let other things take higher priority and you’ll continue to put yourself further down the list. So, just schedule 15 minutes ‘playtime’ a day into your diary – and don’t change that appointment for anything.

To get started, get your diary NOW and write in one fun thing that you’ve been hanging out to do. Call a friend and tell them that you are going to do it, and DO IT today.

“... schedule 15 minutes ‘playtime’ a day into your diary – and don’t change that appointment for anything.”
Question 2

“I feel guilty when I’m not working, what can I do about it?”

Answer:

Get over it and start valuing yourself.

Here’s why: emotions like guilt are more damaging to your health than physical stress. So, instead of feeling guilty for taking a break reward yourself for noticing that you needed one and tack an extra five minutes playtime on. Giving yourself a hard time or feeling guilty only adds to your stress.

Relax and realise that you are only human and we all need a break. Even your computer gets downtime and goes into ‘energy save’ mode, so why shouldn’t you?

“Giving yourself a hard time or feeling guilty only adds to your stress.”
Question 3

“How do I stop myself getting frustrated with life?”

Answer:

Realise that your expectations are just that, your expectations. Why? Because it’s only you that gets frustrated when your expectations are not met. Learn to deal with the reality that you cannot control everything or everyone. Relax and go with the flow.

Ylang Ylang essential oil helps release the anger that can come from frustration. It helps you relax and enjoy life. Vaporise it at home and at work to help you let go and relax.

Learn to deal with the reality that you cannot control everything or everyone. Relax and go with the flow.
Question 4

“Where do I get the discipline to say ‘no’?”

Answer:
Realise that discipline is easier to handle than regret.

Here’s why: you cannot turn back time and regret sucks the life out of you. Saying no to stuff that is draining your energy for life gives you the energy you need to keep saying no.

Consider living by the rule ‘If it’s hard to do that’s all the more reason to do it’. It’s not easy to say no, but if you live your life by that motto you’ll develop the self-discipline you need to say NO easily.

Saying no to stuff that is draining your energy for life gives you the energy you need to keep saying no.
Question 5

“How do I leave work on time?”

**Answer:**

Make ‘you’ the priority.

Why? Because you are the only one in control of your life and it’s only you who can make it happen.

Start telling yourself and everyone else that you **finish and leave** work at 5pm. If you keep saying you never get away on time, you won’t. Use positive language to help you get what you want.
Question 6

“What happens if I ask for what I want?”

Answer:

You will gain the respect of others for actually asking for help.

Here’s why: people admire people who are straight and honest with them. It helps others to validate how they are also feeling. We all basically want the same things in life, but most people won’t show their ‘humanness’ by asking for what they really want.

If you don’t ask you have no possibility of getting it. So create the possibility by asking for what you want.

“If you don’t ask you have no possibility of getting it.”
Question 7

“How do I get a social life?”

Answer:

Get out and meet people.

Why? Hiding from life only fuels the problem. Stop using work as an excuse and an avoidance tactic.

Go for quality people and outings not quantity at first. If you need to be in control, bring people to your safe place (maybe your home or a local café) for a casual lunch or dinner.
Question 8

“Why don’t I feel deserving of rest time?”

Answer:

You have too much fun whining about it.

Here’s why: it’s easier to complain about stuff than to do something about it. If you respected yourself and took quality rest time, you would have nothing to whine about – wow, you would be happy! What a shock.

So, get off your soapbox about not having enough time and not being deserving and get on with living the happy life you deserve.

If you respected yourself and took quality rest time, you would have nothing to whine about . . .
Question 9

“How do I get more energy for life?”

Answer:

Do something you enjoy.

Why? You always naturally have the energy for the things you love doing, so change your perception about what you are doing. If you tell yourself you are tired and life is no fun then that’s what it will be.

Change your perception about what you ‘have to do’ and start to see it as what you ‘get to do’ and you’ll convince yourself that you have all the energy you need – and you’ll start loving life.

“Change your perception about what you ‘have to do’ and start to see it as what you ‘get to do’…”

Jennifer Jefferies
Question 10

“What happens if I don’t plan for play?”

Answer:

You won’t get it.

Here’s why: it’s easier to do something for someone else than for yourself.

So you must schedule your own time down to the smallest detail, just like you would any task at work, and focus on the joy that playtime will bring. Planning to this amount of detail feeds you energy and excites you into doing it more often.

Write tomorrow’s playtime in your diary right now.

Planning to this amount of detail feeds you energy and excites you into doing it more often.
Question 11

“How do I get balanced?”

Answer:

Allow yourself to be human.

Why? Because no person, thing or situation is ever perfect. You will drive yourself mad trying to be perfect.

Being balanced is about noticing when you are out of balance and taking action to rectify it, it’s not about living the ‘perfect’ life.

Being balanced is about noticing when you are out of balance and taking action to rectify it . . .
Question 12

“What do I do if I’m in overwhelm?”

Answer:

Stop and breathe.

Here’s why: breathing keeps you alive. It really does. If you don’t breathe when you’re overwhelmed, you won’t be able to think straight, and you won’t be able to get out of it.

So stop, breathe, see what is really happening compared to what you think is happening, and deal with it.
Question 13

“How do I take a block of time off?”

Answer:

Plan ahead and schedule it.

Why? Because if you don’t something else will always come up and you’ll never do it. Commit to your health and wellness. Time away from work is the time you’ll actually get your best ideas because your mind is free to be creative.

If you don’t already have a break of at least two weeks planned for this year, schedule it in now. If you need to apply for the time off, apply today, then work out where you want to go.

“If you don’t already have a break of at least two weeks planned for this year, schedule it in now.”

Jennifer Jefferies
Question 14

“What happens when I don’t eat properly or I skip meals?”

Answer:

You increase your chance of losing your life.

Here’s why: food is the fuel that keeps you alive. It’s that simple, and the first thing that goes hungry is your brain. How can you think straight if your brain is not nourished?

Start looking at food as fuel. Eat well six days a week and give yourself one FREE DAY a week to let loose and indulge in anything you want.

“...food is the fuel that keeps you alive.”
Question 15

“How do I make ‘me’ the priority?”

Answer:
You stop making excuses and do it.

Why? You deserve to be happy and to enjoy life. Get a close friend to keep you in check. Each time you are coping out and not looking after yourself, ask for their help, and do the same for them.

Be honest with each other, plan for fun and get a life.
Conclusion

If you don’t ‘get a life’ you could lose your life. The more you know how to do the basics and look after your body, the more your body will look after you.

Find Out More …

The ideas you’ve just read are taken from my book the 7 Steps to Sanity, now in its second edition. In it, you’ll learn about how and why your body works physically and emotionally and how easy it is to maintain balance and Get a Life.

Find out more at www.jenniferjefferies.com

Also sign up to my e-mail newsletter Living a Quality Life at www.jenniferjefferies.com It’s free each month and full of great life balancing tips.

“… “The more you know how to do the basics and look after your body, the more your body will look after you.”
Life Balancing expert Jennifer Jefferies is one of Australia’s best-known authors and speakers. Jennifer’s simple, practical and proven 7 Steps to Sanity can help bring balance to anyone who wants to have it all without sacrificing their health, sense of humour or sanity along the way.

Jennifer is a qualified health practitioner who speaks to corporations around the globe, sharing practical real-life strategies that help people to improve their health, wellbeing and productivity by finding balance in their lives.

Jennifer is the author of eight books, many e-books and has also created a range of life-balancing products.

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Can we help you?

Here are some of the things that people say about Jennifer Jefferies:

“We ‘Thank You’ for trekking to DC to meet with us and our managers, your session was extremely refreshing, well-grounded, and well-timed for all of us.”

**Peta-Sue Hellmann**
**IFC, The World Bank, Washington DC, USA**

“I found her a breath of needed fresh air. She made a lot of sense.”

**Laurie Helker**
**CSR Starbucks Coffee Company, Seattle USA**

“Thank you just doesn’t seem to be enough. Your ability to interact with the audience is amazing and it was wonderful to see everyone laughing and having a fantastic time.”

**Chris Bourke, Breakfast Convenor**
**Australian Institute of Office Professionals**

If you’d like to work with us, visit our website at

www.jenniferjefferies.com