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## Affirmations and Endurance Strategies

This month, we at Sport of Motherhood discuss affirmations, endurance strategies and the importance of pacing yourself - so you can go any distance. Assess where you are and where you want to go. Are your goals realistic, or are you pushing too hard?

Our bootcamp offers tips to identify pressure points, and tailor endurance strategies and affirmations techniques to your unique situation.

**Bootcamp:** April 4 or April 6. Fee: \$25 at the door. Check Calendar Link below for time and location.

**Speaker Event:** April 27. Fairmeadow Elementary School. Check Calendar Link below for time and location.

**April TV Show: LIVE!** *Get Your Head in the Game with Tweens and Teens.* [Click here for more information.](#)

Scroll down for special offers from our April sponsors: More Time For You, Denise Ford, a Personal Trainer and My Directors Cut.

### Fuel Up and Go The Distance: Affirmations and Endurance Strategies

- Fuel Up and Go The Distance
- Pacing and Assessment
- Attitude Boosters
- Affirmations and How They Work

#### Pacing and Assessment

Are you feeling overwhelmed? Unable to enjoy your day?

**Step 1. Take an Honest Assessment of Current Status.**

Check in every so often and ask yourself, "How am I feeling?" If you have less patience, or have lost the joy, then it is probably time to edit your or your family's schedule.

**Step 2. Respect Your Threshold.** You may get ideas from others, but only you know when you are getting close to your limit.

Our bootcamp will help you identify warning signs or overload. You will learn how to assess your present state and your needs. Specifically, we will discuss:

- Pacing and Assessment Tips and Tools
- Quality of Life Evaluation
- Time Management Evaluation

#### Attitude Boosters

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Newsletter

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### Fuel Up and Go The Distance

Your well-being and fulfillment have a direct impact on those around you. When you are stimulated or charged, you can put that energy back into your family, your marriage and all of your activities.

*So how do you manage your well-being?*

You must manage it like long-term endurance training:

- set realistic objectives
- pace yourself
- boost your attitude

By training for your objectives and streamlining your schedule, you are pacing yourself for your day and your week. If your goals are manageable and the pace is not too fast, you can stay on course for life, assessing and adapting as needed.

Periodically assess your training schedule and note how you feel, in your head or in a journal. Sometimes you may be doing too many good things and are just too busy. You begin to feel overwhelmed, stretched, or anxious. Your patience dwindles. The pace is too fast and

Life is full of challenges and mishaps. Attitude is a key to happiness. Sometimes you can view the challenges as an adventure, sometimes as a learning experience. Sometimes you face a calamity but may begin to note the support, coincidences or small miracles around you.

**We can't control life, but we can make choices with our actions and reactions.** If we have had a challenging day, we can choose to "start our day over," appreciate our humanness, and find an opportunity for personal growth.

My attitude tool kit consists of five tools: perspective, affirmations, daily readings, humor, and gratitude journals. In April's bootcamp we will focus on attitude boosters - what are they, how do you find them and what they can do for you.

### **Affirmations and How They Work**

You know that tiny voice that says you can't do something or of course you aren't good at something? **You can train yourself not to listen to your inner critic.**

One way to counteract this negativity is through *affirmations*.

Affirmations can help you to create a positive attitude.

At our bootcamp we will discuss how to use affirmations to boost your energy and help you go the distance in your marathon of motherhood.

you are setting yourself up for hitting walls.

If you train yourself to detect the warning signs early on, you can adapt your training, edit your schedule, take some downtime and refuel as needed without getting too far off course.

## Quick Links...

[Gen's Blog](#)

[Calendar: TV Show, Events and Bootcamp Dates](#)

[Fairmeadow Elementary School Talk](#)

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## Save 10% on Your First Organizing Session

- Overwhelmed by piled-up papers, clutter and misplaced items?
- Too much to do in too little time?
- Do you feel out of control?

Eliminate the chaos in your life, call More Time For You for help. More Time For You is owned by Lori Krolik, a former CPA with an extensive background in finance and organizational management. Lori has been helping people get organized for over 10 years. Call Lori at 650-856- 4343.

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**Offer Expires: April 30, 2006**

## Free Half-Hour Personal Trainer Consultation

Have you thought about getting into shape but find the time? I am a certified personal trainer and a passionate, lifetime devotee of physical fitness. My programs are safe, realistic and sensitive to your personal goals and needs. They will help you meet your physical goals and will keep you motivated to continue, and enjoy, a lifetime of fitness and health.

**Call me now 650-743-6853 or e-mail  
denisemford@yahoo.com.**

**Offer Expires: May 30, 2006**

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