

atrio

PROFESSIONAL
LIFE COACHES



Getting back into the Groove!

Summer...what a wonderful thing...less structure, waking up late, eating breakfast for dinner, vacationing, no apparent responsibilities, partying, picnics, calendars—wait, what are those?...that is, until Labor Day comes and ...pum pu rum pum we need to put the brakes on and start changing gears in the other direction.

For some it is a welcoming moment. They can't wait to give some structure to their day, send their kids to school (whew!), and start feeling productive again. For others, it seems like they are in eternal bliss during the summer and could stay in that mode for ever. And there are those who are both, semi interested in structure but being that the weather is still beautiful, maybe just one more beach day!

If you are feeling the end of summer blues, you may need a little push to get back in action. We have come up with a few tangible steps in order for you to get back in the productive groove:



Get a calendar

Start scheduling things that you need to accomplish in order to start feeling and being productive. This includes both business and

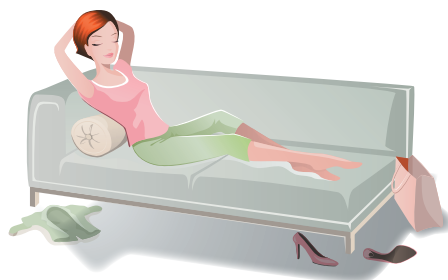
pleasure. Set specific dates for business goals. Also block times for going to the gym and even an occasional play date (for kids and adults as well) because there is no law against having fun because responsibility is kicking in, right?



De clutter

Getting rid of things that I don't need is one of the most delicious feelings I know! It reminds me of when I was "nesting" when I was pregnant. I wanted

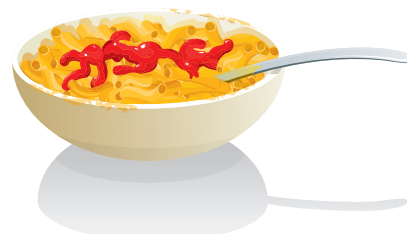
everything to be ready for when the baby came. Well, when school starts for my kids now, I want to have all the previous school year's things either in the garbage or put away for them to see when they grow up (which will probably go in the trash anyway ;)... but it is a great feeling to have a clean slate for the new school year. What can you do in your office and home to be inspired and to have space for the new?



Create a sacred space

As I was in the process of de-cluttering, one of my business partners decided her office needed a makeover. She painted a wall purple, made a vision board and consolidated lots of miscellaneous pictures into a collage. Creating an inspiring space has helped her

to feel very happy while she is working and this has increased her productivity. So again, I invite you to take a look at the space where you spend most of your day and make it yours. **ENJOY!**



Change it up

As you start getting into a routine again, there is no rule that says this has to be boring and the same old. Sometimes it's easier to stay in the inertia of how things always were; but we invite you to shake things up a bit. If you always go to the gym in the morning, try going at night one day and see what happens. If you always eat the same thing for breakfast...go wild and even allow your kids to eat pasta for breakfast.

We must confess that atrio was bummed to see the summer go as many of you may too. After having journeyed through these steps, we are feeling much more productive and we have tangible exciting goals ahead of us. We have a fantastic workshop designed for October 21st- and it is in our calendar!! We also had a meeting in New Hope instead of our usual place to change things up...so friends, if we were able to change gears, so can you!

