



"Success demands singleness of purpose."
– Vince Lombardi

**WatchGlass
Advisors, LLC**

By isolating a single aspect of a broader situation and focusing on it, great progress can be made...

Re-Focus and Renew!

by Rosanne Scriffignano, CRC, ACC

Many people become burdened by daily tasks, family obligations, and other people's expectations. This situation can cause some people to feel emotionally depleted. In extreme cases, it can result in feelings of hopelessness and depression.

Taking Stock

What do you want from your life? If your "inner voice" is telling you that it's time to make changes, don't ignore it. Instead, think of ways to RE-FOCUS and renew. To get you started, consider the following:

Remove Energy Drains—If an activity causes stress (such as volunteering to make 100 cupcakes for a bake sale), don't commit to doing it. Give yourself permission to say "No" when you're over-scheduled.

Embrace Learning—Read books. Attend seminars. Try new hobbies. By enriching your life with learning and adventure, you'll feel more alive and satisfied.

Focus on Self-Care—According to Mahatma Gandhi, "It is health that is real wealth and not pieces of gold and silver." If you don't take care of yourself, who will?

Open your Heart—Studies suggest that volunteering can help reduce depression and provide an overall sense of well-being. (Remember to not over-commit!)

Count your Blessings—Reflect on your blessings every day. When you focus on what you have, you're less likely to dwell on what's lacking in your life.

Unleash your Passion—Figure out what "lights your fire." Then, create space in your life for these precious activities.

Spring into Action—After you identify your goals, create a plan for how you'll achieve them. Remember to ask friends and family for help if you need support.

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