

## INVESTING IN YOURSELF

By Donna Deos

While you are busy helping others and doing all that you do, please take time to do things that bring you joy. I am sure you've all heard the saying, "you can't pour from an empty vessel," right? This is so true.

We all have a lot to give, for sure. It is okay to receive as well. If you don't replenish yourself, you will find it harder and harder to give. I find this very true for those of us who are natural caregivers or people pleasers. We find and make the time to do everything

that everyone else wants and needs. The price of this is often putting ourselves last on the list. Many times this means that we run out of steam or oomph before we get to doing that special thing we really wanted to do for ourselves. When you do this too much you can find yourself in a downward spiral where you get more and more resentful of all of the other things you have to get done and the people you are doing them for.

Now please realize, you are the one setting the priorities in your life. It may not seem like it but you are. You are in control – even though it seems like you aren't because everyone and everything appears more important. That is just not true though. When it comes right down to it, you are the most important thing. If you are not happy, or have run out of energy and the ability to move forward and do things then you are no longer able to help others.

You owe it to yourself and everyone else to make it a priority to put yourself first. When you are full of all of the things that make you happy, you have more energy to give to others. We all really need to remember that we are just as important as everyone and everything else that we keep putting before ourselves.

So, take some time to invest in yourself, please. Take the time to really think about what and who makes you happy. Think about what and who does not make you happy. Make a list of the things you really want to do, and then the things you feel you need to do. Some things will cross both categories; some will fall clearly into one or the other. When you look at the list of "you feel you need to do" items really sit with why you think you need to



Giving you confidence and control in life's toughest situations.

Call Now!



**Donna Deos, LLC**

Spiritual Teacher & Transitions Specialist

**Counseling, Coaching & Education**

for senior citizens and their adult children regarding the challenges of aging

603-224-4178

www.donnadeos.com

1-855-772-2622

do them. They aren't on your "want to do" list so they are potentially taking away your energy and desire to do them. Do you really need to be the one to do them? Could someone else do them? Could someone be hired to do them? Could they simply be taken off the list altogether? Who is making you feel like they need to be done? Can you talk to this person about this and figure out a different plan? I think you see where I'm going with this.

Once you clear out the list you can really focus on the want to do's. I called this article Investing in Yourself because you really need to put the time, money and effort into things that fill you back up. Stop putting off going out with your friends or calling that person you really miss because you are too busy. The people in our lives who fill us up are exactly who we should prioritize.

You should also take the time, effort, money or whatever to get that massage, or take the weekend getaway you've been promising yourself. Whatever it is that you want to do should be a priority for you. Just try it once and see how it makes you feel. I'm pretty sure when you finally turn the focus back to what makes you happy you will remember how great that is and be able to prioritize yourself more often.

Once you regain your happiness, balance and joy all the people you help will see it, feel it and be better off for it too. I hope you have a wonderful summer filled with all of the people and things that fill you up and make your life brighter – All My Best, Donna



### Children's Theatre Project

### Summer 2021





## SONGS, SCENES, and SILLY, SHORT SHOWS

### in the park

## AUG. 1 - 6

## Ages 8 - 14

**Visit the website for information and to reserve your spot!**

[communityplayersofconcord.org](http://communityplayersofconcord.org)    **Children's Theatre 2021 Summer Camp**