

Hello Friends!

Summer and the end of the school year are fast approaching. I hope you are finding these last several weeks easy and that your motivation is strong... but if you are like the majority of folks, you may be experiencing some drop in motivation and feelings of overwhelm and just wishing summer was here already. I'm with you! I've got some ideas about shifting focus that may be helpful. This message is all about starting with what you *want* to do and what supports you to tackle the tasks that you might find less inspiring on their own.

As always, take what delights you and leave the rest.

1. **Do the Things that Inspire You First.** If you are struggling at one task like doing your homework or completing an assignment at work, try doing something else first that feels easy like tidying up your work space, taking a walk, brushing your dog, taking a shower and putting on clothes that you love, making your bed, or any other thing on your to do list. Feeling a sense of accomplishment in one area can shift your mood and help you be more ready to take on your other tasks. For several weeks I was trying unsuccessfully to get my healthy eating back on track. Then last weekend I felt inspired to do a bunch of projects around my home including minimalizing my possessions and cleaning and organizing my space. Once my space was in order, my food snapped into place and it now feels easy to eat cleanly and healthfully.
2. **Focus on the Excitement.** This is a really exciting time of year as the weather changes and we make our plans for play. Ride that enthusiasm and let it fuel your energy to get stuff done. At the risk of sounding cliché, work hard and play hard. Let everything you do have that happy, in-love, springy feeling. Do all the things you do with enthusiasm because the sun is shining and you chose to wake up today and embrace this sweet life of yours!
3. **Be Yourself.** Speak your truth. Listen to your inner guidance. Act from a place of honoring your heart's deepest wants and needs. This can show up in many areas: I want to invite you to honor yourself in your relationships and choose with whom and how you invest your time. If you find that interactions with certain people leave you feeling blue, depleted or irritable, take time to evaluate if you can shift the way you spend time together or the things you talk about. It could be as simple as asking the other person to do something different with you. If you always play video games and eat junk food together, take a walk and sit by the creek together instead. Be honest with yourself about the relationships in your life that have simply run their course.
4. **Nobody has to Be the Bad Guy.** One shift that has helped me tremendously in my relationships is realizing that just because I don't see eye to eye with someone and even when one or both of us decide to end the relationship because we want different things, we don't have to make each other wrong or bad. We're just different. You're not wrong for wanting what you want and following your path and other people are not wrong for wanting what they want and following their paths. Let each other go with love and good wishes.

I hope you are well! I am so grateful to be a part of PCS alongside you!

Warmly,

Becky

