



Let Go of Fear and Focus On A Gratitude Attitude

Gary came to my home office Tuesday night and exclaimed, "Oh Chere! Are you ever stressed out!" How could he tell? Could it be that his "dietitian wife" was gobbling down chocolate covered cookies at 10 pm at night and furiously typing away!

I told myself that 2006 was the year for new health. So in January and February I took 5 cardio kick- boxing body sculpting classes (only 5 hours). I guess my out of shape body didn't much care for the bicep curls or the step part of this class and I have ended up in both occupational therapy for my elbow and physical therapy for my knee. The 5 hours of physical activity has resulted in over 11 hours of therapy time. It has been challenging to fit in 4 appointments per week to "fix" my body.

And, January through March I had 4 media campaigns with Nabisco, Campbell's Soup and the National Pork Board. All of these wonderful campaigns placed my other speaking and coaching work on the "back burner" as media needs stuff done "yesterday."

Tuesday night I was trying to get ready to out of town to attend the Wisconsin Dietetic Association and had several speaker proposals and contracts to write up as well as follow-up emails for my coaching clients. Overwhelmed yes!!! Hungry no! What does a wellness coach do when they are overwhelmed? I slowed down long enough to ask myself these questions:

What are you afraid of?
What can you do to respond versus react?
Chere, what can you do besides eat the house down?

Immediately grates came to my mind. I keep my gratitude journal in my girlfriend room (formerly the living room) and sat in my "gratitude chair" and wrote only 3 grates. I call grates the memories of my heart. If you have a difficult time doing this, just think of your favorite people, things, places, music, foods...there are many blessings to be thankful for.

I came back to my office and had a change in attitude...a "gratitude attitude." I was focusing on what I didn't have, like time. And that focus on lack of time was creating fear that I would never get done with my work and be able to leave my office for 5 days. Being thankful, or a gratitude attitude, is the antidote for fear. I don't believe it is possible to feel fear and gratitude at the same time. Your heart and soul are simply not big enough. So next time you are stressed out or worried about something, get out a piece of paper and write three things you are thankful for. Even if you only write three things like I did, I will guarantee your mood will change and you will focus on what you have, NOT on what you don't have. And, another bonus is that you won't need to eat chocolate cookies, which will raise your cholesterol, and need a dietitian or lipid lowering drugs in your life! Imagine that!

Chere Bork is a Health and Life Balance Enthusiast, Speaker and Coach
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