

# DO YOU HAVE WHAT IT TAKES to Jumpstart your Brain for “Endless” Energy Marcia Harris, MA, CLL March 2020 Series



## “ A Change in Time: A Change in You”

A change in time and life situation may also involve a change in you!

As you embrace the change in time for the season, you may be considering a time change in your personal family and business schedule. Yes! You have often been reminded that change is constant and in order to grow it is necessary to stretch with each change.

Along with your change in time comes a change in you! A change in your commitment to meet obligation in spite of life challenges. For example, unexpected national health concerns

that suddenly create limitations in your lifestyle.

As a result it is more important than ever to look more closely at your day, at your week, and at your month to benefit others as well as yourself.

Let's pause and take a moment to ask yourself “Is there value in my actions for others as well as myself?”

In setting your priorities to create a win-win situation (adjusting your time change and limitations) commit to beginning with the end in mind. I wonder, can you see it can you see beyond what is in front of you? I wonder, are you investing in yourself so you can better serve family, friends, and associates?

I imagine your thoughts. Invest “how” you wonder; invest “how” you ask.

Keep in mind, committing to being mentally and physically alert will set the tone for being your very best. Studies indicate that being your very best requires 6 to 8 hours of sleep. This also requires a healthy diet to generate a balance between your mental and physical energies.

Being your very best requires that you learn to say “not now “ perhaps another time or “not now” I will let you know.

In closing, a change in time may also require a change in you. Yes, it may require a change in order to create a win-win situation for family, friends, and associates.

Keep in mind, change will definitely will be a challenge. Keep in mind, change will challenge you to set yourself up to be your very best. Change will challenge you to meet new life situations with a mindset to overcome and to discover an elevated changed you!  
You have become a resource and a solution to the needs of others in the time of change!

Jumpstart your brain; jumpstart your life!

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