

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 7, Issue #4, April 2008, *Overdoing It*

My lower back has been letting me know that I am guilty of overdoing it. Two weeks ago I bought five 40-pound bags of lime and three big bags of organic fertilizer to use on our lawn and garden. I'd recently started lifting weights again and was feeling good and strong (perhaps invincible is more like it) as I hoisted them into my shopping cart and into my car. It wasn't until I was pushing a wheelbarrow with all five bags of lime up an incline that I began to hear the warning voices in my head. They implored me to make a second trip and not transport all the bags at once. But I ignored them and kept on pushing. As a result, I paid a price with back pain that lasted over a week, even with extra attention to self-care. It frustrated me to have to curtail my activities, especially during the first week of spectacular, warm spring weather. It's the first year in many that I haven't gone for a run on Marathon Monday. I'm always inspired by how easy the winners of the Boston Marathon make it look, and I like to try to mimic them as I jog a couple of miles. My body is clearly trying to help me understand that it's wise not to overdo it. When we refuse to get the lessons we are supposed to, the Universe has a way of turning up the volume until we finally pay attention. This newsletter is one step I'm taking to demonstrate that I've received the message.

I suspect I'm not alone in my tendency to pile too much on, both literally and figuratively. What makes us think that more is better, that "above and beyond" is commendable, and that "good enough" isn't really? For each of our endeavors there's a spectrum of possible results. The low end is inadequate. It's not enough to get the job done properly. This can result in problems or require having the job redone so the results will last. The opposite end is excessive. It's over the top. It's much more than is necessary. It is wasteful of resources and comes with a high cost. (Oil and water aren't the only precious natural resources—time and energy are as well.) As in the fable *Goldilocks and the Three Bears*, the middle can be "just right." It's plenty. It meets needs. It is comfortably attainable and sustainable.

The next time you are faced with a task, spend a moment considering:

- What would be a successful outcome?
- What wouldn't be enough?
- What would be overdoing it?
- What would be just right?
- What's the best way to get the job done?

Whether it's in the yard, garden, gym, home, or office, please do your best not to overdo it. I'm purposely keeping this newsletter short and sweet, because I'm practicing not overdoing it.

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Recommended resources:

*Meditations for Women Who Do Too Much*, by Anne Wilson Schaef

Do you sometimes wish you could hit the “pause” button on your busy life? Are you tired of living for the weekend and ready to start living now? If so, then my new book *Balance with Grace: Celebrate the Kaleidoscope of Life* is for you. You’ll discover immediately applicable strategies for finding balance in the midst of life’s changes. After a beginning balancing process, this book takes you on a seasonal tour as it offers practical tips, tools, and techniques, shares motivating stories, and engages you in introspective exercises and inquiries. To order or learn more visit <http://www.balancewithgrace.com/book.html>.

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Please forward this newsletter to others you think would enjoy it, and encourage them to subscribe. To subscribe/unsubscribe or read archived issues, please visit <http://www.balancewithgrace.com/newslet.html>.

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Reader Feedback:

I received a number of questions about the rain barrels I mentioned in last month’s newsletter. We purchased ours from New England Rain Barrel Company (978)977-3135. Over the clatter of the keyboard, I can hear banging outside from my husband adjusting the gutters as he sets up the barrels. We may get more rain on Friday, so we’ll soon start collecting water. A one-inch rain-fall on a 1,200 square foot roof will yield over 700 gallons of water.

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Upcoming Programs:

Get Clients Now

Kickoff Tele-Seminars

Tuesdays, May 13th and 20th

11-12:30 AM PST (2-3:30 PM EST, 7-8:30 PM GMT)

Group sessions

Four Tuesdays May 27, June 3, 10, 17

11-11:45 AM PST (2-2:45 PM EST, 7-7:45 PM GMT)

And

One Thursday, June 19, 2008

11-11:45 AM PST (2-2:45 PM EST, 7-7:45 PM GMT)

ICF New England’s Regional Conference

"Coaching: The Transformational Zone"

May 3, 2008

8:45a.m.-5:45 p.m.

The Conference Center at Waltham Woods

Visit www.icfne.org for more information and to register.