



Asian Woman focus

INSPIRING ASIAN WOMEN EVERYWHERE TO LEAD EMPOWERED, PASSIONATE AND FULFILLED LIVES

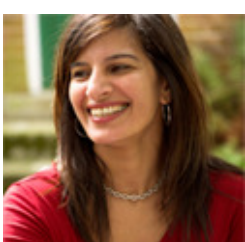
Newsletter packed with ideas, latest research, tools & techniques specially geared to supporting Asian women excel in their career, relationships, family and in celebrating their own individuality.

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July 2010 ISSUE 5

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Please forward this newsletter to anyone you think may find it valuable.

Editor's message

My plaster cast came off this week. When I walked, plaster and crutch free, out of the hospital, I wanted to skip down the street singing 'Hallelujah' at the top of my voice. I didn't, you'll be pleased to know, but boy did I feel like a bird released. I'm surprised at how well I coped, considering how active I am, and 10 weeks is rather a long time to be immobile. On reflection, what kept me sane was my ability to focus on the positives. So much of the time we are presented with things that we have no control over and so many times we let these things get to us.

I couldn't control the fact that my leg was in a plaster but I could control the way I thought about it. I did some hugely rewarding things like spend long, summer days in the garden with my mum, listening to her fascinating childhood memories, which I probably wouldn't have done quite to that extent if I hadn't been forced into this situation. What are some of the things in your life, right now, that you find yourself getting wound up by that you have no control over? Let go of what you can't control and concentrate on what you can do? Put your focus and energy there and make those things fun and rewarding! It's important to think positively and constructively if you want to be happy and you want your brain to work to its optimal performance.

How well do you maintain balance?

It's 11pm and I'm still working on my laptop. However, I am enjoying what I am doing and feel quite content. Does this mean I am out of balance because I'm working such late hours? For me BALANCE is a mind-set. I'm not out of balance because I don't *feel* out of balance. It's a conscious choice; it's being clear on what your priorities are and being firm with yourself and others in sticking by them. It's about being true and honest about what you really want.

As Asian women we are constantly juggling a family, career, kids and our own things - there seems to be so many people making demands on our time and energy. But every day we are making choices. And sometimes we're not even consciously making those choices but conscious or not, all those little choices we make have a significant impact on how we think, feel and act and on our feeling of well being.



Take this quiz to see how well you are meeting responsibilities, while also recognising and fulfilling personal needs and wants. Circle either True or False at the beginning of each statement.

- T F 1. The only way I can successfully manage my life is to take care of myself physically and emotionally.
- T F 2. Nurturing myself enlarges my capacity to help others.
- T F 3. I eat healthily and exercise regularly.
- T F 4. I get check-ups, go to the dentist, and take preventative precautions.
- T F 5. I set aside personal, quiet time for myself, whether I'm meditating or simply letting my thoughts drift.
- T F 6. I experience the gifts of each season: ice skating, bundled-up winter walks; gardening, summer walks, more time outside; camping, swimming, barbeques, gathering wood, spending more time inside.
- T F 7. Creativity nurtures me. I do what I love, whether that's cooking, drawing, painting, writing, dancing, singing or another creative pursuit.
- T F 8. Reaching out to others enriches my life. I spend quality time with family and friends.
- T F 9. Contributing to the world provides connection and purpose, so I give my time, energy and experience where it is most useful.
- T F 10. I notice and heed the emotional signals that tell me I'm out of balance: getting irritable, being overwhelmed, feeling resentment.
- T F 11. If I feel that I'm catching a cold, I realise I may have stressed my immune system with over-activity, so I stop and take care of myself.
- T F 12. When I need or want to, I say no to requests for my time.
- T F 13. I listen to and honour the requests my body makes for such things as a nap, a walk, green vegetables, hot soup.
- T F 14. If I have something planned for myself, I don't just toss that aside when someone makes a request of me.
- T F 15. I'm busy, but I find time to do the things I want to do.
- T F 16. I'm happy. I regularly experience well-being, contentment, even joy.

If you answered false more often than true, you may want to take a look at the questions to which you answered false and see if you can incorporate something of its message into your life. Please don't hesitate to call if you'd like to explore this issue further.

Video Recommendation

Have you seen this brilliant video called the Lost Generation.

Thought provoking and very clever. Enjoy!

http://www.youtube.com/watch_popup?v=42E2fAWM6rA

Watch this space....coming soon in the autumn

Get ready for a powerful leadership programme specially designed to help Asian women professionals to excel personally and professionally. If you would like to register your interest and receive more details as they become available, [click here](#).

You will also have the opportunity to join a dynamic group coaching programme where Asian women professionals can learn and share from each other, and all from the comfort of their home or office. If you would like to register your interest to learn more, [click here](#).

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