

Is Your Life Out Of Control? Then Do Something About It!

By Maria Marsala

Is Your Life Out Of Control? Then Do Something About It!

Maria Marsala
maria@coachmaria.com

Maria's Place for Holistic Evolution <http://www.CoachMaria.com>

When it comes to living "out of control", often, you're the last person to truly realize it. It is so easy to become caught up in a cycle or circle of negativity, self-sabotaging, struggle, adrenaline addiction (or another addiction) or even depression. Sometimes "out of control" shows its face with us trying to control every outward person, place or thing possible. Other times, you may notice that you never have enough time or you're always working on some important project - never really enjoying yourself. It many start so innocently and then before you know it, you're caught up in the muck!

What can you do? Check your joy rate. Take the quiz below and download the PDF file for the Life Balance Index www.coachmaria.com/documents/LifeBalanceIndex.pdf . Take a look at the important areas of your life.. Personal and Spiritual Growth? Relationships with Others? Career and Business? Finance and Money? Play and Recreation? Health? Physical Environment? Where are you out of balance? Sometimes, all you may need to get back on track is a reminder. Start empowering yourself on a higher level than you have ever empowered yourself before. Take notice of how you feel, what you're doing, what you're saying and what actions you are or aren't taking. Get back in touch with your values and priorities. Start removing the negative things in your life you're tolerating or holding onto from the past. Also the people you're attracting into your life are good mirrors of how you're being.

On a scale of 1-10 how satisfied are you with the life you've been blessed with?

- ~Are you first person on your priority list?
- ~Do you act or speak like you'll never be satisfied?
- ~Does your life go from a problem to solve or an item to do from your list, then another and another?

- ~Do you "never" have enough time?
- ~Do you stay around negative people or groups - just because you're afraid to be alone?
- ~Do you find yourself constantly putting yourself down in your self-talk or as you talk to others?
- ~Do you say "thank you" to a compliment or find something to criticize?
- ~Do you find yourself doing things you "really don't want to be doing"?
- ~Do you score high on the adrenaline addicted self-test?
adrenalineaddiction@sendfree.com
- ~Do you gossip a lot?
- ~Do you give up on your dreams easily?
- ~Do you have people in your life who support you with "your dreams"?
- ~Do you find it easier to be a "victim" - oh poor me, look what they've done vs. your own best friend?
- ~Do you fear failure or success and stay "stuck" often?

If you've identified yourself in the list above, the next question to answer is what are you going to do about it? Use the updated analogy below to see what assistance you may require at this time in your life. Sometimes, we even can use the assistance of a few people and new friends, too.

A therapist will help you explore your past and fears.
A consultant will tell you how to do it.
A coach will provide you with tools and encouragement as you take action.
A mentor will show you how.
(original analogy author unknown)

So do it now! Take back control of your life. Empower yourself. Grow. Change your attitude. And you'll develop the life you were meant to live!

© Copyright 2002 All Rights Reserved. Maria Marsala is an internationally known coach, author, and speaker. A former Wall Street trader and manager, she is the author of the ebook Thinking of Starting a Business... Let's Talk About What's Next. Subscribe to her free ezine "Helping You and Your Business Grow" at <http://www.coachmaria.com/ebook/download.html>

[Get-Articles.com : 1000's of reprintable business and internet marketing-related articles.](#)

[Submit your article for reprint.](#)