



**Louise Bergeron**



PERSONAL ENERGY  
COACHING

**Organized and Loving It!**

Yesterday, I had a chance to debrief my morning with myself. Did you ever do that? Contrary to what you might be thinking, I wasn't in a big meeting or involved in an important sale or something. I'm just talking about the first 3 hours of my personal morning.

Why would I need to debrief this seemingly unimportant stuff you might ask? Allow me to share.

My morning started off with getting up fifteen minutes late. I had set the time incorrectly on our alarm clock the night before. Fifteen minutes is a lot of time in the morning unless of course you schedule a lot of buffer time or extra personal time...another topic for another day.

The old Louise would have been thrown off and an instant low pressure system would have invaded the house and affected everyone and everything in it! The new Louise just accepted it and worked with what she had.

Later that morning, during a break in some training we were facilitating for a client, I took a few minutes to express my gratitude on paper. I recounted my morning and praised myself for how far I had come in getting control of my day and consequently much of my stress.

This is what I wrote...

*Today my personal energy is at a 7 (out of ten). I got up feeling sluggish and a little late which threw me off a little. However I believe I handled myself very well with the goal of having a good day. I still took the time to drink my 12 ounces of water and to eat my healthy oatmeal (skipping these rituals are always an option...not!) I fixed my hair, thank you products! My organized personal spaces really helped me today. Way to go Louise!! Closet, jewellery box, shoe space, sock drawer, hair product basket!*

*I also chose to delegate to my son his own breakfast (another topic for another day). On my way to drive my son to school, I was doing so well that I didn't even get triggered and sucked into an argument about him going to school, no doubt brought on by the long weekend residual fatigue syndrome!*

*For time management purposes, I made a great decision about NOT stopping at Tim's for a coffee. I will admit to arguing that one back and forth in my mind. If I stopped I'd be stressed out about being at our client's office on time. Instead, I planned on finding a coffee when I got there and if there was none, I'd have water. I walked in, calm and confident, looking forward to seeing our clients...and I found a coffee! My mind is clear and I love the work we do with our clients.*

*These first 3 hours of my day have been a testament to much of the personal work I have committed to for some time now...I am so grateful!*

Can you get passionate about getting personally organized?

I had been on and off track all of my life until I linked "being personally organized" to my "personal energy". It has been over a year now, and I don't go through one day without seeing and feeling the benefits of my ongoing personal dedication to myself.

For those of you that have an ongoing commitment to this act of self-love, take some time to acknowledge yourself and celebrate! Share with the sisterhood what you have personally experienced by doing this.

For those of you that aren't quite there yet, send me an email. Perhaps I can help.

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