

Coach Jaynine's 5 Tips for Enjoying Life during a RECESSION

Are you tired, stressed, and overwhelmed? Food and gas prices seem to rise daily. It is debated whether we are in a recession or not. Whatever is going on with the economy it is time to acknowledge it is time for RECESSION. It is time to take a break from spending and time to start enjoying and appreciating what we have already accumulated.

Surviving the RECESSION does not have to be painful; it is all about attitude-your attitude. Here are 5 Tips for Enjoying Life during a RECESSION.

1. Enjoy being on RECESSION. Life is meant to be enjoyed. We have spent the past decade accumulating stuff. Now it is time to play and enjoy what we have accumulated. The more stuff we accumulate the more dusting, cleaning, and maintaining we must do. While we were busy accumulating stuff we were also adding more stress and work to our lives. Take time for RECESSION...go play and enjoy life with the stuff you already have accumulated.
2. Show gratitude for what you have in your life. Be mindful that where ever you are in life there is probably someone worse off. The grass is not always greener on the other side of the fence. Many people wear a mask. The happy face maybe hiding a very worried person. When you wake up in the morning and when you go to bed at night express gratitude for all that you have and the day you experienced. Volunteering your time in your community is a great way to express your gratitude.
3. Respect your money. Now is the time to acknowledge that you work hard for your money. Do not fritter it away. Find a financial planner, talk to your local banker, or surf the internet and educate yourself about what to do with your money to make it work for you. If you have zero debt you will worry less and you won't have to work so hard.
4. Investigate your local community. There are often free activities for you and your family sponsored by your local community. Look on the internet, in the newspaper, the public library, and your local tourism office for festivals, free or discount movies and other area attractions. You can make a trip to the Farmer's Market a fun family outing.
5. Employ the Universal Laws of Attraction. We attract whatever we choose to give our attention to - whether wanted or unwanted. Focus on the positives in your life. Turn all negatives into a positive; make them learning experiences. Think positive thoughts.

What we are experiencing with the economy is a reality check that we need to examine our lives, make a plan, and prioritize; turn it into a positive event. By remembering to take time for play, showing gratitude, respecting your money, investigating activities in your local community and employing the Universal Laws of Attraction you will survive the RECESSION while enjoying time with family and friends.

GO PLAY it is time for RECESSION.

Coach Jaynine turns Dreams Into Reality. She facilitates personal improvement through the use of assessments, self empowerment, and client specific action steps via the telephone and internet. Experience what life coaching can do for you by registering for a complimentary teleclass at <https://www.dreamcatcher-lifecoaching.com>