

Special Report:



*5 Boat Rockin' Steps for
Creating Your Own Balance
in a
Topsy-Turvy World*

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Dragonfly... Life In Balance
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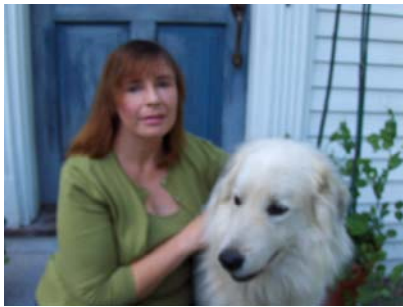
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About the author



Lynn Browne, CPC, RMT

**Certified Professional Coach, Reiki Master/Teacher,
Workshop Facilitator, Author and Speaker**

Lynn Browne is the founder and president of Dragonfly... Life In Balance (<http://www.dragonflylifeinbalance.com>). She works with clients who are ready to define *their* lives by *their* own terms and create their own unique version of balanced living. She wholly believes everyone has the right to **“Embrace the Life You Were Meant to Live!”**

Bringing 20-plus years of experience working as an administrative professional in both the public and private sectors to her own business venture, this professional life coach and gifted energy worker truly knows what her clients and students want when they come to her seeking to find balance in their lives and in their energy. And she knows just how to help them achieve it.

Those clients and students come from wide and varying backgrounds and include solo-preneurs, teachers, engineers, single moms, retirees, career-changers, students, massage therapists, real estate professionals, the wife of a famous jockey and even an infant!

Lynn wrote the book – literally – on Reiki training. When she began teaching Reiki, rather than utilizing the manuals available on the market, Lynn wrote her own student and teacher training manuals for each of the four levels of Reiki training.

A life long learner, Lynn received her professional life coach training through the International Coach Academy. A Reiki Master/Teacher, she also completed the Adirondack Herbal Apprenticeship program to become a certified herbalist, holds a certificate in hypnotherapy from the Hypnodyne Institute, is level 2 certified in Healing Touch for Animals®, has studied the Polynesian philosophy of Huna for years and is currently pursuing a B.S. in Holistic Ministry from the American Institute of Holistic Theology.

Balancing career, education, business building and family life with honesty, spirituality and a wicked sense of humor, Lynn is a role model for living an authentic life filled with courage, gratitude and joy.

5 Boat Rockin' Steps for Creating Your Own Balance in a Topsy-Turvy World

OK, the comfortable upwardly mobile world we all got accustomed to has flipped and is spinning like a wild top in a carnival game of chance.

Folks are scrambling to hold on to jobs they fantasized about quitting just a year ago. "Work-life balance", the buzz term of the decade is in danger of being squeezed out by talk of "job security".

And where's the sliver lining?

These days of uncertainty are the perfect time to create your own "security" and take back control of your life. The time has come to rock the boat and take a stand for yourself and your future.

Now more than ever what you need is to reexamine your life and what you want for it. As you start to discover what makes you truly happy you can begin to create a state of balance and order that is uniquely our own. By doing this you begin to take control of your life and become less dependent on the whims of an unstable job market.

This, you may find is the perfect opportunity to reinvent yourself!

Let's get your boat rockin' with a few easy steps you can take to start creating a balanced life you love



Step 1: Make your list and check it twice

The jolly old elf isn't the only one who needs lists to track what's nice! Take stock of your current skills and interests on a list of your very own. In your career you've developed many strong skills that have gotten you where you are today, now is the time to objectively list them out.

This is NO time for false modesty! If you're feeling stuck, enlist a close friend or family member to help, they'll be happy to remind you of all you have to offer. You'll likely be pleasantly surprised at how much you've already got going for you.

Bonus Tip:

Don't be so quick to disregard your hobbies; they are a wonderful window into what really jazzes you.



Step 2: Fill up your "wish list"

Oh yeah, you've got it going on, however even someone with all your talents could use a little somethin'- somethin'!

Determine what you'd like to add to what you already have to offer and make a "wish list" of what your well-rounded abilities will be.

Do you need to sharpen your computer or public speaking skills, for instance? Honing your skills keeps you current and marketable to a wider audience.

Bonus Tip:

Don't forget about business and marketing skills; if you have decided to turn a passion into a career and have never before run a business, make sure you get a handle on the "back office" by adding these to your skill set.



Step 3: Let your fingers do the walking

Remember that old Yellow Pages® advertisement? Now is the time to put it into use, that or the modern day equivalent – internet search engines. Look into ways to enhance those skills by researching accredited training facilities.

Find out what classes are available through your local adult ed learning annex, business and professional associations or through online courses. These are great resources for economical education opportunities.

Bonus Tip:

Don't limit yourself to your own back yard. We live in a global society nowadays and there are some fine online training opportunities available around the world.



Step 4: Real time for the real world

In a perfect world you'd have unlimited time to do whatever you needed to create your ideal life – uh oh, time for a reality check. Realistically assess how much time you'll have available to pursue your studies. Be honest - if you overextend yourself you'll be less likely to follow through (*think failed New Year's resolutions here*).

On the flip side, look at your underutilized time and make YOU a priority when reorganizing your schedule. This whole experience has been an exercise in self-empowerment; what better place to practice than at home?

Bonus Tip:

Set yourself a timeline for when you'd like to accomplish your goal; be realistic but do pick a date, then set mini goals along the way to keep you on track.



Step 5: Reach out to your peeps

Especially if you're feeling down or overwhelmed in your situation, now is *not* the time to isolate yourself. Being around like-minded people will support you to in pursuing your goals.

Think outside the "family and friends" circle to find other people with similar professional interests and experiences to yours. Business and professional associations are a great place to mix and mingle, and they often have training opportunities for members.

Bonus Tip:

No time or extra money to get together in person, or even over the phone? Social networking is *not* just for the kids! Free networking sites like Twitter, Facebook and LinkedIn have become the new meeting place for up and coming professionals.

Join me in the virtual networking world at:

<http://twitter.com/dragonflycoach>

<http://facebook.com/profile.to/lynnbrowne/>

<http://linkedin.com/in/LynnBrowne>

Go ahead - make a start today. By trusting in yourself and your abilities, your uniquely balanced life will begin to take shape.

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Take the first steps and as you begin to connect with your own sense of balance, you will feel empowered to reinvent “security” to living YOUR life on YOUR terms.

When you're the one rocking your own boat YOU have the control to stay in motion *and* in balance while shifting and moving with life's rhythms.

More Help to Create Your Own Balance in a Topsy-Turvy World

You can hold your breath and hope your job remains secure, or you can breathe through your concerns and take steps to empower yourself to create your life on your terms.

Rock the Boat Baby! - Reinventing Yourself in the Recession is the 6-week teleclass series that helps you determine why NOW is the perfect time to chart your own course. But first...

Ask yourself these important questions:

- 1) Does your current job make you TRULY HAPPY, or are you wasting your precious energy on pursuits that rob you of joy?
- 2) Are you staying awake at night worrying if you might lose that very job?
- 3) Are you READY to move towards a life that is in alignment with *your* goals and desires?

If the current economic climate has you putting thoughts of work-life balance on hold in favor of clinging to your job because it may seem the “safe” thing to do, I challenge you to shift your perspective around that. If we've learned anything in the past few months, it's that what was once considered “safe” is no longer

necessarily so. All bets are off, so to speak and the old tried and true ways of the past no longer work in this new world.

WARNING: Being the best, most loyal employee in your company does NOT guarantee your job security!

In fact, many very good and loyal employees *are* being downsized.

The difference between those who struggle to survive and those who thrive is in being proactive. By doing this you begin to take control of your life and become less dependent on the whims of an unstable job market.

Enter Rock the Boat Baby! - Reinventing Yourself in the Recession. The 6-week teleclass series that gives you effective, simple to follow steps to help you create a viable backup plan to thrive in any economic climate.

Find out more by going to
<http://www.dragonflylifeinbalance.com/rocktheboat>