

5 Ways to Tell if Your Personal or Professional Life is in the Dark

Are you one of the Millions of business professionals who unknowingly run your personal or professional life blindly, or in the dark? This might seem like something that some “other” business owner or executive does, but certainly not you!

Be careful of this. If you’ve got the blindfold on over your eyes in regards to your professional life – and especially your personal life – you may be headed for danger or disaster because you “think” it’s not you (for most people it’s more comforting to assume that self-help, correction or warning signs are not for you, but necessary information for others).

What do I mean by operating in the dark?

We’ll take a look at these five scenarios, and see if you resonate in any way...

1. I tend to have to deal with the same problems again and again
2. I feel overwhelmed on a regular basis
3. The harder I work, the further behind I seem to get
4. I desire more clarity but can’t seem to find it
5. My business life runs better than my personal life

Many busy people I coach privately or those who have joined one of our groups find that they were comfortable in the situations mentioned above, and were not making strides to improve their situation. And when I say “comfortable,” I don’t mean happy and satisfied. I mean comfortable in the sense of complacency and content in their “pain,” *because they didn’t realize it was painful.*

The same happens in healthcare.

Have you or someone you know begun taking a nutritional supplement that cleared up a problem they had grown accustomed to? There are instances

daily where someone has taken minerals or vitamins that were deficient in their body which relieved a pain they had gotten so used to that *they forgot it was an ailment!*

The same applies to your life or your business! When the clear light of day is brightly shown on areas of deficiency within your personal or professional life, it's the same effect has someone having been in a dark room and someone comes in and flicks the light on!

Here's just one example...

Many people just deal with the growing sense of overwhelm in their personal and professional life. It's all around us and drowns more and more people every single day. People get overwhelmed with:

- family pressures
- money problems
- business growing too fast
- business moving too slow
- too many emails or messages
- uncertain future
- memories of the past

You name it – it's another log in the fire of overwhelm!

But did you know there are real practical solutions? Systems to put into place. A new mindset that can be implemented. Working solutions to immediately and permanently reduce the overwhelm in our lives.

For those that live with the pain of constant overwhelming situations in their lives, it may seem "normal" or "typical" and they just deal with the pain and discomfort. They (maybe you) have grown accustomed to living in the dark.

When someone shows you ways, solutions and answers to take action and make the shift from overwhelm to taking control (for example), your pain has been exposed and now ***you see you've been unnecessarily suffering when solutions were available the whole time!*** When you take time to recognize pain, and see areas within your business life and personal life that need

attention, seek that help for solutions!

Find a qualified person that can coach you out of the dark room and move you to where you desire to be – personally or professionally. Do it now for your own benefit...or the time you're spending in the dark will surely continue for far longer than it has to.

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So, now that you've read this article, how are you going to use this information to make 2011 a fantastic year for your life and/or your business?

Please take a moment and share your ideas in the comment section below.

Enjoy the rest of your day! ~ Kris

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About Kris Cavanaugh

Kris Cavanaugh, owner of Shift™, is a Speaker, Author and Coach who specializes in helping others cultivate a C.E.O. mindset in every area of their life so their businesses, careers, and personal lives thrive. She is an expert strategist with an amazing ability to pull her clients through difficult challenges to obtain the life they truly want.

If you have a desire to live your life “on purpose”, so you wake up every day excited about the possibilities and maintain an unwavering belief that you will overcome any obstacles to achieve your personal and professional goals more easily, call Kris at 404-551-3601 or go to <https://begintoshift.com.aepiph.dev/pages/MakeTheSHIFT> to schedule your complimentary meeting today.

Kris is author of “Stuck to C.E.O.” (available on Amazon) at <http://StuckToCEO.com/>.

Need a Speaker?

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association, corporate, nonprofit or industry meeting, please contact *Shift, Inc.*, at events@begintoshift.com.aepiph.dev. You can learn more about Kris' presentations at <https://begintoshift.com.aepiph.dev/book-kris-to-speak-at-your-event>.