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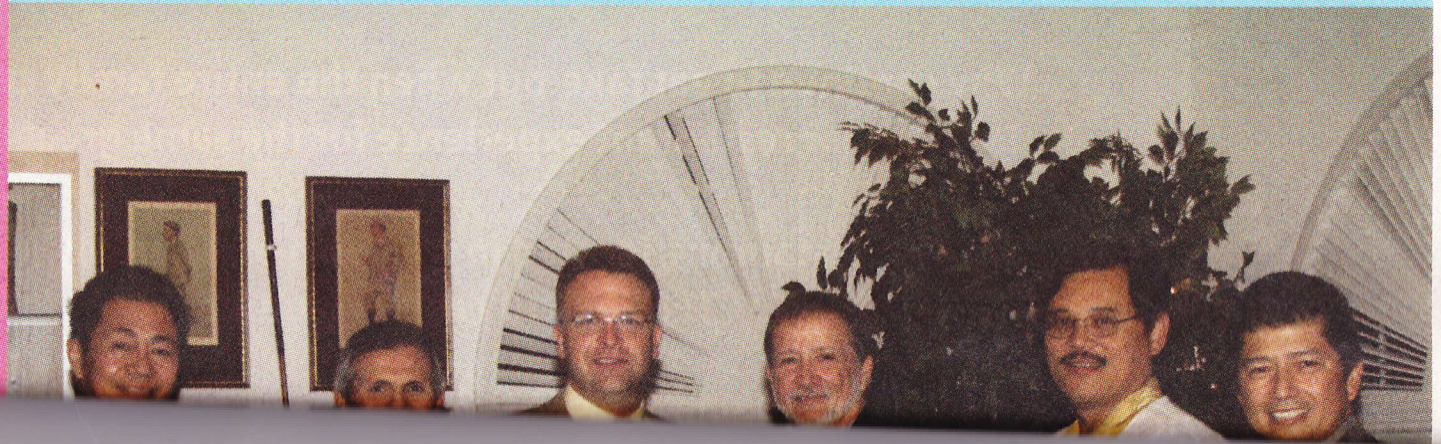
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# Business & Finance

## Are You Too Busy to Breathe?

By Monica Wofford



My doctor told me recently that I should begin YOGA if I ever intended to live past 50 or have children in my 30s. My immediate thought was "I'll get right on that", which I then said out loud, of course. He looked at me and said "Are you telling me you don't have time to breathe? If that is the case, what other vital activities are you missing because you are so 'busy'?" Well, that will do a number on your confidence!

Yep, I admit it. I'm a workaholic and a well accomplished business woman and often demonstrate those characteristics of a stereotypical "raging Type A". That's great if your whole life is a list and exists without the influ-

ence nor necessity of any other people. Striving to achieve all that is on the list can often result in alienation, frustration, and isolation of one's well being. Is it really healthy to be ever so constantly too busy to breathe?

So, even if your doctor has not uttered the words "slow down" in your last appointment, maybe it is time we all take heed. Work a little less on the weekend. Take a little longer breather at the lunch hour. Eat a few less meals in the car and on the run. Get out and enjoy the sunshine in a state known for its sunny disposition. Throw a Frisbee for your dog or teach your cat to fetch, as mine does. After all, the goal is not to work ourselves to death. I thought the goal was to LIVE and oh, by the way, use part of that life to work on what we enjoy doing the most!



*About the Author: Monica Wofford is a speaker, author, consultant and trainer. Her 18 years of corporate leadership experience have brought a sense of reality to her first three books and her clients which have included: Estee Lauder, American Airlines, Hallmark, and the US Mint. Monica is the President of Orlando based training firm Monica Wofford International, Inc. and her most popular topics and specialties include Contagious Leadership, Contagious Confidence, Contagious Customers Service., and of course The Contagious Confidence Conference for Women. For more information, you may reach Monica at [www.monica-wofford.com](http://www.monica-wofford.com) or (866) 382-0121*