

Behind with the Laundry and Living off Chocolate

*Life changing strategies
for busy women*



Lynette Allen

Accompanying CD narrated by Janey Lee Grace

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How to use this book

Hands up if you've ever shouted "STOP THE WORLD, I WANT TO GET OFF!"—well this is your chance to make that saying a reality. This book is now your very own sanctuary, a place where you can go when life seems just a bit too tough, a place where you can find the answers to life's problems. Inside is a host of tips that you can make your very own. By reading and absorbing them, you'll be giving yourself the unadulterated luxury of thinking about you!

With these realistic, workable, tried and tested methods, your friends will want to know how you can laugh when your life is in chaos, make effective choices in the face of adversity and trust yourself that, whatever happens, you'll be OK! Understand the real power of being a woman and having it all. If you're behind with the laundry, lacking inspiration, desperate to get some kind of control over your life and living off coffee and chocolate, this book is especially for you!

You can dip in when you most need support and you don't have to plough your way through it to find the part that applies to you. Simply look up the tip that is closest to your situation or issue of the day and you'll immediately

have a strategy that you may not have considered before. Adapt each suggestion to suit you and, at last, you'll have solutions that really complement both your individuality and your hectic lifestyle! You'll find a whole series of complex and serious subjects discussed in a light-hearted and humorous way, using down-to-earth examples of real women who have overcome all sorts of fears and issues. The stories you will read are real and the tips I have illustrated can bring about huge changes in people's lives, proving that change really doesn't need to be scary.

Use this book to consider how you run your life, the habits you have developed and your patterns of behaviour, both consciously and subconsciously. When I see clients for the first time, I talk to them about three things: the role of the subconscious mind, female intuition and dehydration. The subconscious has a bigger impact on your behaviour patterns and actions than you might think and the power of a woman's intuition is largely underrated as a guide, both in business and personally. Finally, it may seem odd that dehydration is on the list but its effect can be very debilitating and I will explain why. These three issues are all covered, giving you the opportunity to take control of your body and your life in a positive and healthy way.

Written especially for women, *Behind with the Laundry and Living off Chocolate* recognises that we girls have it tough! Yep, we wanted equality and we got it, we wanted careers and we got them—all great stuff—but no one realised that we would still have to fulfil our traditional womanly roles on top of these new challenges. No one can take away the pressure we put on ourselves to hoist all this on board and pull it off perfectly! We've got career paths to follow, targets to beat plus the gym to get to. We're the ones that worry about eating healthily, being a sexy wife, multitasking mother, adventurous girlfriend, great best friend and a thoughtful daughter. We remember the birthdays, do the shopping, dress to impress and run the kids to school! What's more, we're meant to do all this and more without getting emotional, stressed, worn out, tearful or downright hysterical!

Well, it's time to get smart and take a breather. If, secretly, you know you could be making much more of yourself and your existence on this planet, or if you just want a few tips to deal with the day-to-day trials of living, you've picked up the right book. From lifting those heavy guilt pangs to setting personal boundaries, from altering your body language so you can get what you want and learning how and why it is so important to think positively,

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What's on your shopping list?

Read how to think positively and why it's so important

Is your glass half full or half empty? Do you envy those people who always seem to be so positive? Maybe you think they're just deluding themselves and that they're unrealistic? Do you never expect anything good to happen to you, just so you don't get disappointed? Then take the time to read this.

Someone once explained to me that thinking negatively is just like going to the supermarket with a list of everything you don't want! The more clients I see and friends I speak to, the more I know this to be true. Two of my friends, Teresa and Ruth, both claim to be able to save themselves a parking spot before they've reached the end of the road. Where I live, there is a very convenient road to park in, it's

in the centre of town. It is notoriously difficult to park there but neither Teresa nor Ruth ever have a problem. Before they set out on their journey, they visualise the space that will be there for them. I've since done this several times and every single time, I get the space I want—right outside my favourite coffee shop.

The more I think about it, the more I realise that whatever it is you focus on, that is what ends up becoming reality. A client of mine, Terri, knows she is a negative thinker. She never enters the lottery for instance, because she knows she won't win. In her experience, trains are always delayed, she always gets stopped at red traffic lights and, you guessed it, she can never find a parking space! If you're smiling now, I'm guessing this could be you. Terri genuinely sees herself as an unlucky person and has accepted that she is someone who just seems to attract bad luck.

As far as the lottery is concerned, I'm afraid you really do have to be in it to win it but, is it really possible to influence things like trains being delayed and parking spaces being available? Can we really influence things that are seemingly so out of our control? That's what Terri asked me and, so keen was she to prove me wrong, she said she would think positively and use the visualisation techniques that

Seize the moment, girls!

*Great inspiration—take advantage
of opportunities*

Do you dismiss opportunities that are offered on a plate and then kick yourself because you didn't speak up? Take inspiration from this tip and "do a Holly"!

The inspiration for this tip comes from a tenacious little dog called Holly. I was recently invited to be a judge at the Wag and Bone Dog Show at Ascot. Oh yes, we life coaches get to do all kinds of interesting things on our weekends off.

My job was to judge the Loveable Rogue competition. Just before the competition, I bought a cuddly toy and had it with me in a plastic bag when I was judging. A gorgeous dog named Holly took absolutely no notice of me when I went over to make a fuss of her and ask her owner why she should be considered a loveable rogue. Little Holly

was determined to show me instead and went straight for the toy, and she wasn't going to give it up easily. She tugged at it and pulled at it with great determination—she really wanted it and it took a good few minutes before her owner persuaded her that the toy wasn't hers to take.

Far from being annoyed at my soggy cuddly toy, however, I couldn't help being mightily impressed by her determination to get what she wanted—she was definitely a girl with a mission and it's that tenacity that I help my clients to cultivate. Little Holly saw what she wanted and went for it.

The moral of this story, of course, is “seize the moment”! Sometimes it seems as if opportunities just present themselves to us for no apparent reason. Maybe it's coincidence, good luck, being in the right place at the right time, fate, whatever you want to call it. It does happen and when it does, you want to know that you'll have the confidence to say “yes”.

Just occasionally, people do kind things for others. They offer perfectly respectable and above-board opportunities when they see potential in a person. It has been known for people to offer chances for others to shine and give them the occasion to prove themselves, just because they can.

Lack of time

*Are you famous for your “to do” lists?
Yearning for a twenty-seven hour
day? Read this strategy for coping*

Are you always running round like a headless chicken? Does your list of jobs seem never ending? Do you look frazzled and pale at the mere thought of tomorrow and all that it involves? Then breathe deeply and consider this ...

I'd dearly love to know why we can't just invent another few hours in the day. What harm would it really do and whose idea was it to only have twenty-four hours in the first place? The only thing is, though, even if we had twenty- seven hours in a day, I've a sneaking suspicion that we would all still complain about not having enough time. It's a bit like looking into a wardrobe stuffed full of beautiful clothes and screaming, "I've got nothing to wear!"

We've all got someone we could name who runs a household effortlessly, organises really fun things for birthdays, chairs local charity events and works full time; someone who makes us feel totally inadequate. What is it about those people, though, that enables them to do everything so easily and perfectly without ever looking flustered or bleary-eyed through lack of sleep? It's not magic; they haven't got the key to a secret "time bank". They just use their time differently and manage it effectively.

Recently, I asked twenty sixth formers at a local school to add up how much time they thought they spent being unproductive. Being unproductive, I explained, meant watching television rather than getting on with their "to do" list and time spent worrying about how to approach something rather than just getting on with it. Being unproductive meant chatting on the phone for hours to a friend, discussing their life and problems rather than thinking about your own. I've heard some answers before but I really wasn't expecting what they had to say. The worst offender in the group admitted to spending between five and six hours a day being unproductive! Half that time seemed to be spent worrying about the things she had to do and the other half seemed to be spent organising clever little avoidance methods, which she'd got down to a fine art.

Write down how much of your time you spend worrying, avoiding things or watching mind-numbing television just for the sake of it. You might get a shock. The key to being organised, productive and having the time to do everything in a more relaxed manner, is purely to re-arrange the way you spend your time. It is no more complicated than that. Everyone can do it—yes, even you!

Budget your time like you budget your money. Unlike a bank, though, time doesn't have an overdraft—once it's gone, it's gone. Where do you spend your time? How do you spend your time? My client, Becky, has developed a great idea to help save herself time. Before she started her coaching sessions, she would come home from work and put on the television straight away. She'd then kick her shoes off, sit down with a cup of tea and wait for her favourite programme to come on. "Nothing wrong with that," I hear you say? Well, if your favourite programme doesn't come on for another two hours and you're watching things that don't particularly interest you just to pass the time, there could be a problem. That's what Becky realised she was doing—every evening. So she decided to change her habits. She no longer watches television in the week. Becky now records all her favourite programmes throughout the week and sits down on a Sunday to watch

Behind with the Laundry and Living Off Chocolate is for busy women of all ages and from all walks of life. Life coach Lynette Allen reveals her inspirational, intuitive and realistic tips for creating a balanced, fun, stress-free and fulfilling life.



Lynette Allen is a qualified and professional Life Coach, with over a decades experience in coaching women on all kinds of personal and business issues, she works exclusively with self employed women and female owned companies.

Lynette is also regularly invited to appear on radio and write for magazines including *Cosmopolitan*, *Zest*, *Eve* and *Slimming*. She is also the author of *Behind with Mortgage and Living off Plastic* and *Behind with the Marking and Plagued by Nits*.

“... fun, witty, very readable and down to earth.”

Terri Bodell, NACHP

“... Lynette has got us life jugglers totally sussed!”

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Charlotte Smith, Editor, Natural Health & Wellbeing magazine



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