

Your Personal Development Plan - Do you spend time Being or Do You Spend Most of Your Time Doing?

A personal development plan includes learning to simply BE versus always doing. This is an essential part of a personal development plan and hence critical to your overall success.

Everyone during the course of their daily routine naturally gravitates more towards one of these two energy types, either Being or Doing. These energies are both necessary to achieve harmony in life. They can be described as a female energy and a male energy.

Examples of the Being energy include reflecting, going for a wisdom walk, reading, meditating, developing your inner self.

The Doing energy is: the list of things to get done, the work activities and social events you participate in.

Our society places more value on the Doing and less value on the Being. Individuals are often judged negatively if they are not continuously Doing.

Work environments often play on people's feelings of guilt in order to get them to Do more. Yet, too much Doing leaves one with no time to plan, to evaluate and to adjust the course of one's life path. It can lead to feeling overwhelmed, stressed out, and disappointed.

Stress from gravitating towards too much Doing brings one out of alignment, out of harmony, and creates an environment where one's body can be dis-eased. The overdoing can lead to being scattered or worse yet to a break down, and then one has to deal with the broken relationship, the health issue or other major inconveniences. When Doing too much, you frequently end up taking longer to accomplish your task, and arrive at your desired destination.

When there is a balance between Being and Doing you are able to move quicker towards the desired end. The mind and the body are calmer. Solutions are thought of more readily. Your overall reserve of energy is higher and you tire less quickly.

From my own personal experience, now that I have given myself permission to just Be, I actually find that I have more energy and accomplish more. I make better decisions and I am more satisfied with myself, with others, and the world.

As a mom, a former teacher of young children and teens, member of many committees and entrepreneur, I have come to a much greater understanding and appreciation of the value of Being versus continuously Doing. You see life has this uncanny ability to offer us situations where we get to learn and integrate the type of energy we are resistant to.

Now you may be thinking that I am advocating letting go of goal setting and to do lists. That is not the case! Being means giving your self-time to rejuvenate, and to grow so that the Doing flows more easily and more effortlessly. Being is about eliminating toxic habits from your life.

If you have been Doing for a long time it can be very difficult to start taking time out for yourself. Start with 20 minutes a day. Being at the beginning of the day gets you in a positive frame of mind and it increases your ability to make better decisions.

Being at the end of the day calms and quiets the mind so that sleep is deeper and more refreshing. That precious time at both ends of the day, reserved just for you, will add to your wellness and increase your sense of peace. Once you've experienced the advantages of spending time simply Being, you won't want to go without those precious blocks of time.

If you hold false beliefs about deserving and being worthy of time just for you, you may at first, have to go through the steps of releasing these false beliefs and replacing them with a more empowering attitude towards yourself.

In order to give yourself some Being time, you may need to release a deep-rooted addiction to pleasing everyone else. Realize that no one will hand this time to you. You must make a point of carving it out of your current schedule.

Highly satisfied and successful people have developed a great sense of harmony between the Being and Doing energies, while implementing their personal development plan.

About the Author

Lynette Chartier, Life Style Mentor and Successful Entrepreneur, is helping many become the next success story.

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