



Hey gals, that's not a typo or an item we overlooked. It's a reminder that YOU have to set the agenda for YOUR life.

The 100 degree heat has taken its final bow and cooler, crisper weather is upon us. Everyone is settling into post Labor Day routines as the summer comes to a close. Call it back to school...back to the grind...back to reality. This post Labor Day season is a great time to get refreshed and refocused on what you are working toward... including your professional and personal

goals.

*In the coming months, we at Coaching The Career Bride will cover different topics and offer you tips, suggestions and tools that have worked for busy brides who are advancing their careers and enjoying fulfilling lives while planning their dream come true.*

TIME MANAGEMENT is in order, here ladies. Books, seminars, expensive personal efficiency systems, assessments and evaluations have led to overkill on how to manage one of our most valuable resources. Yet the key to managing time more effectively lies in the system that will work for you, as well as the choices you make on where to spend it. Here are some simple ways to accomplish more with the time you have and enjoy life while doing it!

### **1. "TO DO"**

If summer meant taking a vacation from that list, now is a great time to review what you have been putting off and prioritizing what needs to get done. Pick one thing you can do today and cross it off your list. Challenge yourself to address not only your wedding planning "To Do's" but also the things you have put off in your professional and personal life. Small accomplishments are a great way to jump start the process of getting back on track, and congratulating yourself on your small accomplishments will go a long way to sustaining momentum.

### **2. Get Organized**

Rate your organizational skills on a scale from 1-5 (5 being "highly organized"). How do you rate? What would you like to change? This is an important exercise in identifying what is working and what needs to change for you to move forward with efficiency and experience greater satisfaction.

### **3. Limit Stress**

Here is a simple tip with far reaching effects: laugh more. Quite honestly, this is a busy bride necessity when juggling a career, a personal life and putting on a fabulous event. Not getting enough laughter? Gather those who make you feel relaxed, refreshed and bring out your best.

### **Coach's Corner:**

Don't bring the "stressers" (those finicky females who tend to hit a nerve). Make sure you request plenty of laughter and less wedding planning chit chat (unless, of course, you want to offer this night out as a time to review the details or vent, but we suggest pure fun). A great way to get started is the upcoming Girls Gone Wilderness weekend being planned by The Little Black Book and Dirty Boots Adventure. Stay tuned for details in the Buzz - we'll be there and hope you'll join us!

[For more tips and coaching services for Busy Brides...](#)