

## News & Inspiration ~ Woman to Woman

### **119 – Do we finally Have it All?**

Are we the product of the 'baby boomer' generation women who had a choice about whether they worked and when they had sex? Do we now have too much choice bringing us to the age of the irresolute nomad?

Maybe we want the career, the man, and the kids? The fit body AND the fantastic wardrobe but when we get them do we want to run away, be single or go and 'find ourselves'? Yet another woman may envy what this woman has! Is the lesson to learn to be content in whatever situation we choose (or not) and enjoy the moments rather than always searching, reaching, striving?

Nothing wrong with ambition but can we really have it all? Not sure we can have it ALL, all at the same time, I mean not even film stars with loads of money and opportunities have it ALL, all the time do they? So how are we 'mere mortals' supposed to fare? Do you have it all already? What is your ALL? Is the grass really greener on the other side?

### **120 – Is the grass greener?**

So...did you decide whether you thought the grass was greener on the other side?

Well, if you thought 'yes', is it that we should sit there and start player-hating the ones who have got 'it' i.e. the husband or the happy go lucky single life or the babies etc., pretending to be happy when they announce yet another thing in their 'perfect' world (come on, most of us have been there!). Or did you think 'no, I'm very happy where I am thank you and I know so n so is sooo not happy anyway'? Or just 'no, I'm fine where I am'?!

Listen, if you've got it altogether, ALL the time, then let me know because I'd like to bottle it and sell it to all the women in the world! It doesn't matter what 'status' we carry, we are all women, so let's respect one another, wish each other well and concentrate on improving our own lives!

Is it true what they say, 'you attract the person you are ready for'? If that's the case what's your magnet? Desperate? Not quite ready? In love with yourself? Ms Controlling

'can't find any one that fits'? Ready willing and able? Or none of the above? Mmm...whether you're with someone or not...is your intimate space available for true love? More next time ☺!

### **121 - Are you Available for love?**

Last time the question was 'Is your intimate space available for true love?' What was your answer, yes, no, sometimes...

Do you attract unavailable men? Does that mean all the good men are taken? Is it because you are unavailable? Or is it that you just need company?

There is no right or wrong as long as you are being true to yourself and your needs...be honest about it (at least to yourself)! If its company or bed warming, tell it like it is! If it's not what you really want, if it's not honouring you or you are 'waiting' for him to change, tell it like it is and know that the only controls you hold, are your own. Accept that, be true to you and in the meantime, get to know yourself and fall in love all over again.

For those in partnership, we as women will sometimes have our 'quiet, hideaway' times and think that this man just does not 'get us'. Hey wake up! Men and women are different! No man can satisfy all our needs, so maybe we need more girlfriends to listen to us instead of our man who will only try and 'fix it' for us! Men are men and women are women, there is no need to penalise our man by shutting him out of our intimate space. Take a day off or whatever time you can and deal with you, reconnect with you. Maybe then we can see & appreciate (and tell him!), the things he does or the person he is. Maybe then, before we can accept it from him, we will allow true love to enter into ourselves again....

The Modern woman...control freak? More next time ☺!

### **122 - Are you a Control freak?**

The Modern woman...control freak? Why is it that some of us feel the need to stay in control? Is it because we have had to, sometimes with no one else there to take or share the controls? Does this control apply to all areas of our lives i.e. the children, the job, the partner, the house, the holiday?

Is it costing us in physical terms by damaging our health with the rise of stress related conditions, such as blood pressure? Is it costing us our relationships because if we can't 'see' things happening, if they are not 'happening' the way we want it, we freeze, give up, go into control freak mode or just plain b.i.t.c.h. mode?

We have grown up in an age where women have many rights, a great deal of power and a big bank balance. Does this give us the right to take the controls ALL the time, especially when 'LIFE' is teaching us something or even trying to get a look in and tell us something. It can become a danger when you know that you know, that there is something you shouldn't be doing and yet you are insistent on gripping the wheel of your life to drive it down a certain pathway to our detriment.

Maybe, at that moment just before life puts us on our knees, it is time to surrender the wheel to One who knows best. After all, can we really see around the corner? When we've driven to our best ability here there and everywhere, take time to drive slower, take in the scenery, look up at the trees, go into the garden, smell the flowers and maybe let go or at least loosen your grip on your wheel of life.

Who knows what can be discovered behind a 'wrong turning' ! Let's hope you will be pleasantly surprised!

**“TOMORROW WILL BE THE OUTCOME OF TODAY. You choose.”**

Take Care now,

**KAREN at**

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*Karen is a Qualified Certified Personal Development Coach and has been a Stress Management worker, Mentor, Writer, Woman's Group organiser/facilitator and Princes Trust volunteer. She is also a qualified Chartered Management Accountant coming from a corporate background. As she says 'I am Every Woman and Every Woman is me, whatever you're 'it' is, wherever you're 'at' in life, I encourage you all to say with me 'I CAN DO IT!'*

**Tel: 07761 823 456**

**Centre: 020 3417 6108**

**Email: [mail@therapy4life.net](mailto:mail@therapy4life.net)**

**Website: [www.therapy4life.net](http://www.therapy4life.net)**