

FUTURE VISION

Turn
Your Messy
Room Into
Orderly
Chaos

I WALKED INTO OUR FAMILY ROOM THE OTHER DAY AND found a tub of MagnaTiles spread out on the floor, a dolls' basket upturned under the desk books piled in a heap in front of the bookcase; a pile of plastic pots, pans, and foods of all kinds in the center of the room, and all the organized Ziploc bags of puzzles and card games dumped out in a mountain of pieces.

My first thought was, *Did a tornado hit here this afternoon?* (We do live in Michigan, after all!) My next thought was, *How could this have happened?* We have a hard and fast rule about playing with one toy at a time, though apparently it was not enforced that well. The thought of having to sort through each item and return it neatly to its place was completely overwhelming!



Have you ever walked into your room and thought, *What a mess! How am I going to even begin to sort through everything?* That messy room, perhaps, can serve as a metaphor for your multifaceted and chaotic life. Between jobs, family, *shidduchim*, social and *chessed* obligations, you are often pulled in conflicting directions. Not knowing where to turn first, you may be

left feeling overwhelmed, confused, and frustrated.

Tishrei 5776 is upon us. Whether you're recently back from seminary or have been back a while, you are now making crucial decisions that will have lasting repercussions on every facet of your life. In all likelihood, you're making them from a cluttered perspective—not only are you living through a critical period of

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your life, but you are also juggling multiple major decisions simultaneously. Each is connected and affects every other one, and they are not insignificant. Tasks can feel overwhelming and create indecision leading to circular thinking. At other times, the excitement of new opportunities can be a fun and adventurous experience.

Are you ready for a fresh perspective? Your messy room is waiting for a face lift! Get going and find order amid the chaos! The key is to identify your priorities and to chart the course that best connects your life pieces together.

Take your room as an example. In one corner of your room, on the desk, are the opportunities surrounding higher education, career, and a job. On your nightstand, beside your cell phone, are your peer and familial relationship choices. Draped over your chair are decisions surrounding dating and marriage. Overarching the contents of room is the décor: what kind of lifestyle you want to lead. The goal is to create a harmonious balance of self, family, and community that will give you satisfaction and a sense of accomplishment as an individual and as a member of Klal Yisrael.

The starting point to cleaning up any messy room is to create a vision. The same goes for connecting your unique life pieces. In the case of a room, you're envisioning what it looks like when it's clean. Here, you need to create a vision of who you are and the life you want to lead, for the here and now as well as for the future.

So how do you create such a vision?

Your vision is your personal picture—what your life will look like in the next ten, twenty, and fifty years. To be effective, it needs to incorporate all of the life pieces you value. Begin with this end in mind. It may seem unnatural the first time you try it, but visualizing what your future life will look like enables you to work backward. When you finish and stop to look around, you'll find that you have created a plan of action.

Imagine your favorite coordinated Yom Tov outfit, purchased with your own money. Think back to each of its pieces, where each item was purchased. Try to remember how much each item cost and how you earned the money. Congratulations! You've just retraced your steps and created an action plan toward buying your next outfit. You've started from the end, visualized your goal, and continued working backward, creating small steps along the way.

Increased self-awareness brings confidence in your own abilities. When your job is complete for the time being, the satisfaction is much greater, because you did the hard work. You chose the plan of action, thereby creating stronger commitment and longer sustainability.

How do you stay on track? By choosing someone who cares about you, someone who has an interest in your success, and who will follow up by holding you accountable for your actions. This person can be a parent, a trusted advisor, mentor, *mechaneches*, rabbi, rebbetzin, or life coach.

As we enter Rosh Hashanah, allow for the shedding of old negative self-talk and thoughts in your mind and heart. Daven to Hashem for the courage and strength to allow for new ideas and opportunities to flow. Take advantage of each one, sorting

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through possible challenges, opportunities and connections.

Getting your thoughts out of your head into the physical realm can add a tremendous amount of insight into your beliefs and values, removing disabling circular thoughts. This process of self-discovery clarifies what you are passionate about. With this awareness, you can build on your confidence to make

decisions with greater ease. With newfound clarity, you'll have greater confidence in making thoughtful and meaningful decisions about what you want to do and how to get there.

Now it's time to get busy! Grab some virtual rubber gloves and a bottle of Windex. We are on the search for clarity and an orderly room. There are a number of ways to find your optimal chosen path. If your room is so messy that you are having difficulty separating out the different pieces, you can sort through your mess by following this step-by-step process:

Create a list of the different opportunities.

Categorize each opportunity—whether it is related to shidduchim, college, jobs, relationships or general life.

Think aloud about which category seems most pressing to you at the moment, and focus on it first.

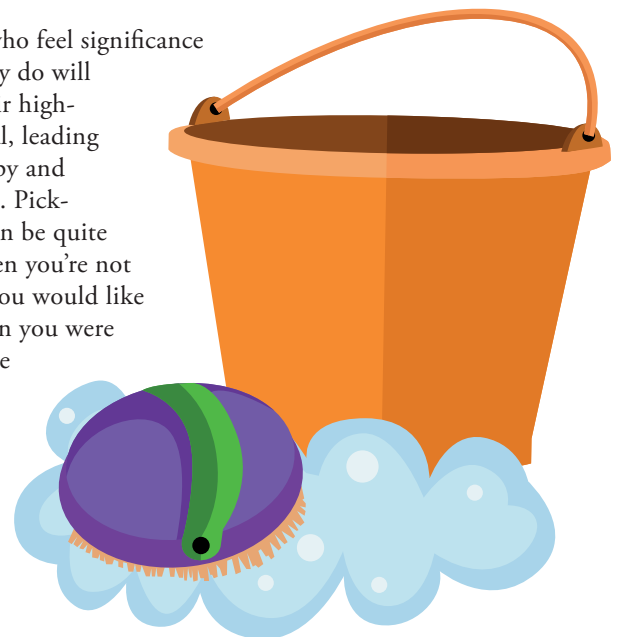
Go through each opportunity in the category.

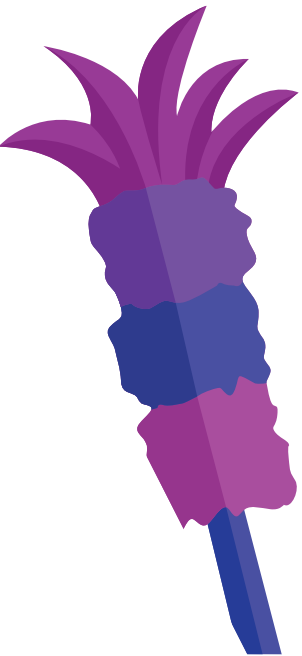
Within each opportunity, create a pros/cons list highlighting the different possibilities, both negative and positive.

Weeding out your options can confer much-needed clarity around individual opportunities. For many, it's most helpful to work on this process with an outside objective figure.

Now for some nitty-gritty cleaning—get out those toothpicks. Let's start with higher education, careers, and jobs.

People who feel significance in what they do will achieve their highest potential, leading a truly happy and fulfilled life. Picking a job can be quite a chore when you're not sure what you would like to do. When you were little, people asked you what you wanted to be when you grew up, and





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each of you had had a different answer. Maybe you wanted to emulate a particular role model or you were inspired by a particular field and what it offers the community. Or you may have chosen a career (or none at all!) based on your passions, strengths and interests, or where you believe you have the most to contribute.

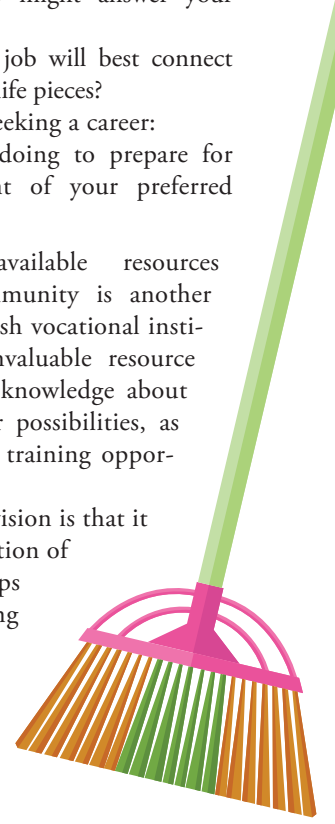
Here are some clarifying questions to ask yourself in choosing

- the career path that's best for you:
- What jobs have you held in the past?
 - Which jobs held your interest?
 - What kinds of work are you passionate about?
 - What are some of your strengths and weaknesses?
 - Who do you know in your field of interest who might answer your questions?
 - What career or job will best connect with your other life pieces?
- For those not seeking a career:
- What are you doing to prepare for the achievement of your preferred lifestyle?

Researching available resources within your community is another option. Local Jewish vocational institutions are an invaluable resource with a wealth of knowledge about college and career possibilities, as well as vocational training opportunities.

The value of a vision is that it allows for the creation of possibilities. It helps you avoid becoming paralyzed by the connections that seem overwhelming. It lets you push through unknowns and look instead at what you do know and what you can do. This process of weeding out the circular thinking with which we often struggle will bear fruit with patience, perseverance, and persistence.

Wishing you much *chizuk*, *hat-zlachah rabbah*, and a *kesivah v'chasimah tovah* in this new chapter of life. **D**



Take the guess work out of your life puzzle!

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YOU AND YOUR LIFE

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WE CAN CLICK TOGETHER THE PIECES OF YOUR LIFE THE WAY YOU SEE FIT!

Rebbetzin Adina Morris, CPC, ACC Transformational Business and Life Coach of CRDL Coaching LLC, has been working with young women from high school seniors through career and marriage for over 10 years as a rebbetzin, educator, mentor, kallah teacher and life coach. She is a member of the Global and Michigan chapters of the International Coach Federation (ICF) with an ACC level of credentialing. Adina is available for individual and group coaching sessions, locally in person and remotely via telephone and Skype. She can be reached at cndlcoaching@gmail.com or at 248-783-6926. Visit www.cndlcoaching.com.