

# Prioritizing with Heart

*(Creating a Better You Part 9)*

We're always hearing that we need to slow down and decrease our stress or we'll ruin our health, both mentally and physically. However, I never really see any articles that actually help me accomplish that. I remember a talk from a year or so ago on prioritizing what is good, better, and best. Although this is a speaker I love, I found the talk to be stressful, my life is already pared down to the absolute necessities, how was I supposed to decide between good, better, and best when best is all I have to begin with? It reminded me of a class I took many years ago sponsored by Franklin Day Planner. The instructor taught us that we needed to look at our to do list and assign each item a letter, A) for most important, B) for something that could be done tomorrow, and C) for something that could be done even later than tomorrow and could, actually, probably never be done. I laughed in that class because C items don't even exist in my life (unless you count sleep) and B items don't even surface to the top of my awareness until they become A items. My to do list consists of A) Items that must be done today or the world will come to an end, B) I can't believe it, the world didn't come to an end yesterday, I'd better get this done first today or it will all really end, and C) Things that I thought might cause the world to end and they didn't get done and the world didn't end so now they no longer matter. (If any of you live in a world like mine, might I recommend that you learn to do an EAT [Emotional Aromatic Touch] on your toes, it really helps, I try to do one at least once a week. I also diffuse a lot of Bliss blend, Emotion blend, and Charity blend. Oh, and when you get to that point where you just want to curl up in a ball and suck your thumb, a little Geranium or Romance blend essential oil generally makes life better.)

What I would like to propose is that instead of placing a label on things to be done that we learn to prioritize with our hearts. Instead of trying to make ourselves fit the molds of time conscious gurus, we need to understand ourselves and our hearts. One person may think that remembering birthdays is a waste of time; another may think that remembering birthdays is just something you do; another may think that remembering birthdays is absolutely vital because if their birthday is forgotten they feel as if they are not loved and valued. I don't care about my birthday, it's just another day during the year, but I understand that birthdays are important to many people and because those people are important to me I make an effort to remember their birthdays. I am prioritizing with heart.

Let's look at this another way. I work for a living, my job is very important because without it I couldn't pay the bills. Thus my job, in anyone's prioritizing matrix, falls right at the top. I have the added blessing of the fact that my job is very rewarding, I love being a Health Coach, I love the fact that at the end of each day I know that I helped people, I gave people hope, I helped people learn things that will improve their lives. I know that there are many people out there who don't have that blessing. These people will need to find ways to prioritize things into their lives that give them a sense of fulfillment, a sense of usefulness, a sense of purpose. They need to discover things that give them warm fuzzies. They need to find ways to prioritize with heart.

I think it's also vital to let spontaneity enter into our lives. I'm talking about the kind of spontaneity that comes from a loved one grabbing your hand and whirling you around the room because the song that just came on the radio is the first song you ever danced to. Or the kind of spontaneity that comes from a child stomping into the house, slamming the door behind them, and announcing that they're never setting foot outside of the house again. These are two totally different scenarios, but both can be foundations for a relationship that brings love and support to all involved. Perhaps dinner is boiling over on the stove while you are dancing. Perhaps you only needed to work on your books for five more minutes and they'd be balanced and you know if you stop now to go enter the realm of teenage drama it will take you half an hour to figure out where you were and make the books balance when you

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come back. Prioritizing with heart requires letting the love that you have in your soul come out and touch the lives of those around you. It allows you to find joy, even in the stressful moments.

I once read a keychain that said, “You left footprints on my heart and I have never, ever been the same.” We each effect each other. We can allow our hearts to make the way we touch another’s life a positive thing or a negative thing. Yes, we can be busy, sidetracked, and stressed out, and still have a positive influence. I once came out of the grocery store, saw someone I knew, waved, and went on my way to load the car. I noticed that she did not wave back; I just assumed that she didn’t see me, or that I was mistaken and that I didn’t know that person. A few days later I saw the same person again, she stopped me and apologized for not waving that day at the store, it was winter and she was concentrating on her footing as she did not want to fall down and damage her knee (she had had surgery a few months earlier). This lovely lady prioritized with heart. She prioritized the day she didn’t wave to me because she was concentrating on what was truly important at the moment (her health far outweighed a wave to me) and she continued to prioritize with heart by noticing that I had waved and taking time to let me know she noticed a few days later. It’s been years since that day, but she left footprints on my heart, I remember what I learned that day and try to apply it to my life. People are important, hearts are important. If we prioritize with heart we can share that message with others.

What I’m trying to say is, we need to prioritize things according to their value, and put heart into the equation. The world seems to think that people are less valuable the money, time, things, and self. I believe that if we prioritize with heart we will discover that we have lives where joy and happiness offset stress, where love helps make ends meet, where the value of loved ones is greater than the value of things, and where we feel good about ourselves because there are many footprints on our hearts that have changed us into people who are more capable of love.

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