

Love Your Working Life

Embracing Ease

Setting an
Intention

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Self-reflection

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Putting it Front
& Center

**EASING
INTO THE
BUSY
SEASON**





a note of love

Autumn is my favourite time of year. The fall colours explode, stage-lit by the last rays of summer sunshine, followed by months of festivals, gatherings and celebrations.

As each season gently shifts into the next there is always a moment where I acknowledge what it feels like to be changing too – sometimes those changes are full of wonder and excitement, and sometimes they're filled with apprehension. This season is the backdrop to one of the busiest times of the work year - that last push into years' end and the pressure of deadlines that comes with it. It's a convergence that can put life and work at odds when what you really want is to enjoy both.

I feel myself longing to enjoy my favourite time of year free of guilt and stress. Yet I can already feel myself "gearing up" to meet the tide of work I love and enjoy – it comes in such abundance over these last few months of the year it takes my breath away.

So, what to do to enjoy both the abundance and the gifts this season has to offer without stress and guilt? Set an intention. Being more aware of what I want, and how I want to see that unfold is key to thriving. My favourite way to set an intention is by choosing a word that guides it, and for this season I've chosen the word EASE: A reminder to go gently.

I'll use this word to provide a refuge when I find myself striving to complete, rather than appreciate, the richness of what's on my plate. It will be both a reminder to slow down and permission to hold the boundaries I need to enjoy both home and work in good measure. Work is perpetual, but this season is not, so I will gather up the teachings of summer, those important insights that slowing down gave to me, and harvest them now so they serve me as we move into fall.

Together, let's find more ease in this busy season of life.

Love,
Carleen

ease

/ēz/

noun

The absence of effort or difficulty.
Moving comfortably or gradually.



Easing Into Fall:
My "To Do" List

- Sit in the last of the warm sunshine on my deck
- Prepare raspberry freezer jam with the last berries of the season (they're the sweetest)
- Pick fresh apples at a local orchard
- Bake our favourite cookies
- Try a new hiking trail
- Go leaf peeping
- Enjoy new coffee flavours with friends
- Stop by local farmer stands/markets (fresh corn, yum)
- Go to a local agricultural fair (buy pies for the freezer and ride the midway)
- Carve a pumpkin
- Shop for unique gifts at a Christmas craft fair
- Volunteer my time to support others
- Journal
- Express myself through art
- Make/buy our favourite comfort foods to freeze for later






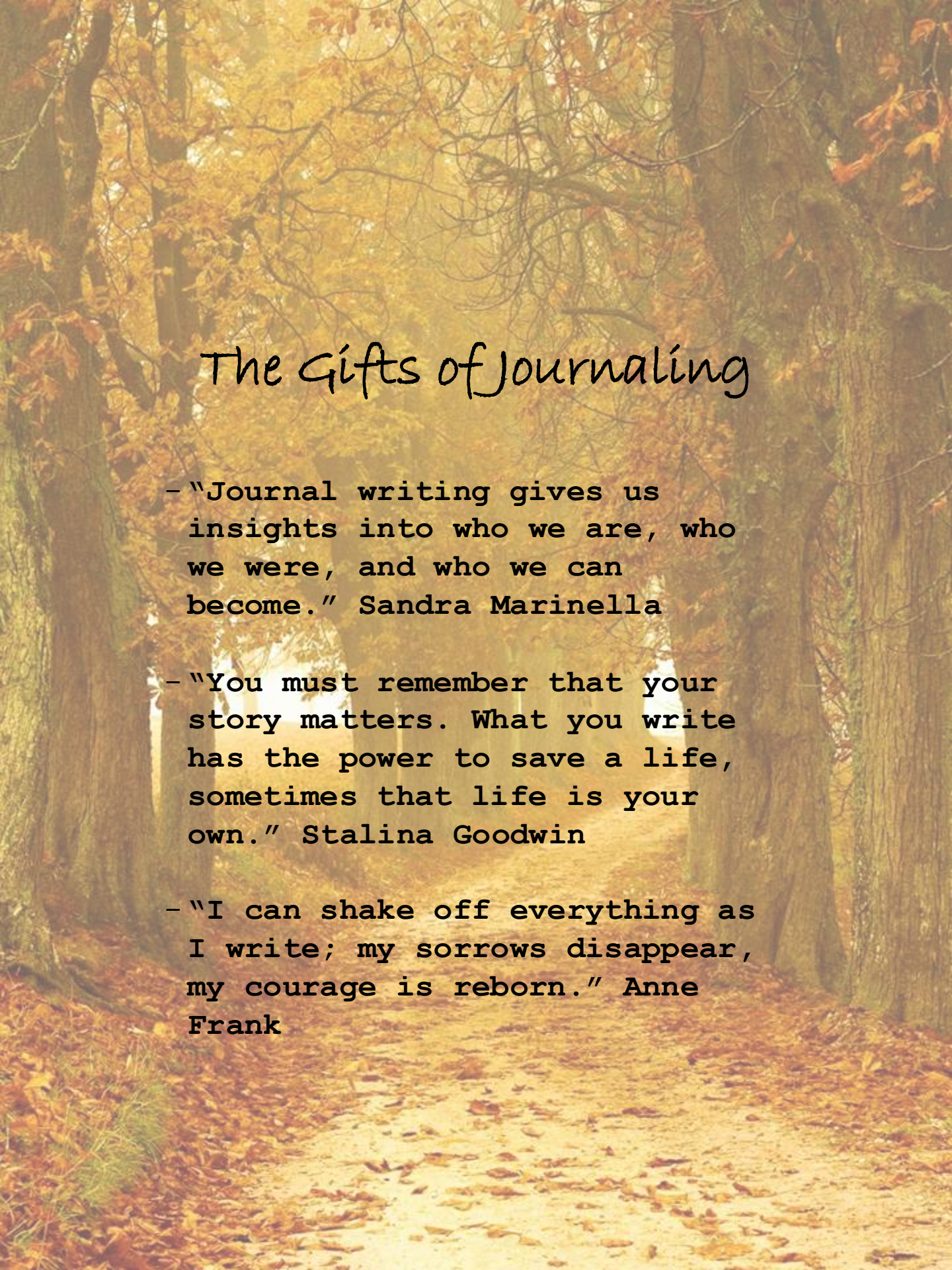
Everyday Ease

Like you, I have more than enough on my plate, so while my fall “To Do” list may look long, that’s not the goal. Being intentional with respect to ease is listening to your longings and making them more visible, like putting them on a list (mine sits on our kitchen counter so my intention of ease is not forgotten in the rush of life and my family helps hold me to it).

You may get to all of your items, or not. The deal is there’s no guilt if you don’t get to everything. By putting your desires out there it gives the things you love to do a shot at making a meaningful appearance in your life.

Ease can also include JOMO (joy of missing out), making a “To Don’t” list can be equally satisfying. Ease means more time (and less guilt) to do the things that feed your soul.





The Gifts of Journaling

- "Journal writing gives us insights into who we are, who we were, and who we can become." Sandra Marinella
- "You must remember that your story matters. What you write has the power to save a life, sometimes that life is your own." Stalina Goodwin
- "I can shake off everything as I write; my sorrows disappear, my courage is reborn." Anne Frank

A "Recipe" for Self-reflection

- Journal in the mornings when the house is quiet (sit in the sun if it's shining)
- Have coffee to hand (in my favourite mug)
- Set a timer (5-10 minutes)
- Write long-hand on paper I love
- Use prompts (like answering journal questions) if needed (or a blank page - whatever you're feeling)
- Write without judgement or correction until the timer rings (bad grammar and spelling are welcomed)
- Remind myself I'm perfectly imperfect and that means I am human and more than "enough"
- Put my hand over my heart, feel it's warmth and thank myself for listening

Everyone's approach to journaling is unique (you can't do it "wrong"). This is my recipe - it may not be right for you and like any recipe it can be changed for your needs and preferences. So, write your own, put it on a

recipe card and keep it close by to remind yourself to listen deeply to what you need. While journaling can be simple it's not always easy, but it is absolutely worth it - and so are you.



Sharing inspiration for a
season of ease.





LOVE YOUR WORKING LIFE MANIFESTO

I believe...

Potential is the most powerful force we control on earth, and everyone has it.

Wellbeing is the cornerstone of success.

You should feel safe to bring your whole self to work.

You will get in your own way.

You will get out of your own way.

You can overcome the obstacles that get in the way of what you need.

Work is an emotional pursuit.

Everyone has gifts that this world needs.

"Success Without the Self-Destruction" is a valuable tool for anyone who finds themselves stuck in an endless cycle of exhaustion without seeing it any way out. With profound empathy and practical wisdom, Carleen offers a roadmap for individuals, professionals, and organizations who want to revitalize burnout and reclaim a life of authenticity and purpose in the face of modern-day stressors.

—BRENNA PIZZOLI, BSC, MA, DPT, PT/CH

Women who keep putting their basic needs last are starting to realize that if they burnout, everyone who depends on them is totally screwed. Using straight-talk and humor, author and Master Coach, Carleen Hicks helps exhausted professionals uncover the hidden and unnecessary skills of success in the modern workplace and unlocks the secrets to a thriving career. Spoiler alert: time management isn't one of them.

Success Without the Self-Destruction delves into the untold stories of high achievers and uncovers the surprising ways your professional strengths can silently erode your well-being at work. This book offers powerful insights alongside simple and practical strategies anyone can apply to enjoy the success they've already earned at work. Using real-life examples, this book uncovers the path to overcoming burnout, reclaiming your self-connection, and unleashing your full potential at work.



CARLEEN HICKS is a high-tech industry survivor, recovering human resource professional, spouse, parent, coffee lover and award-winning Master Coach. With her view from the corporate trenches, her own burnout recovery experience and thousands of hours of coaching career professionals and thousands of love their working life! she wastes everyone to know it is possible to thrive at work.

Connect with Carleen, access free resources and learn more about her coaching services at www.loveyourworkinglife.com.



SUCCESS WITHOUT THE



SELF DESTRUCTION

Carleen Hicks



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SUCCESS WITHOUT THE SELF-DESTRUCTION