[**Time: There's Enough and So Are You**](http://www.womensradio.com/account/articles/3715.html)
Too busy? Not Enough time? Perhaps it's really a matter of self esteem

**Time: There's Enough and So Are You**

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| ***By Kathy Kirk, Contributing Editor of Bringing More Life into the World***Share |
| http://www.womensradio.com/uploads/users/images/g47494h48kkl4wxi.jpg**Too Busy?**Daily I hear people lament how busy they are. Perhaps you are one of them? When someone asks you how you are or what you’ve been up to, how do you answer? Does it sound something like this:“Busy. Really busy.”“Oh, doing what?”“This project, that charity. The family. The job. Starting a new division. Building a new business. Writing three books. Playing on two teams. Running the kids to 12 activities. Reading 10 books. Yoga, Pilates, the gym, graduate courses, credits for certification, and gourmet cooking classes – online.”You can fill in the blanks in any way you spend your time.**Time’s Short**Naturally when we’ve got a to-do list that’s miles long, time becomes in short supply; at least it appears to be. There really aren’t enough hours to do everything that ‘needs’ to be done. We certainly can’t be in three places at once, and we cannot focus on more than one thing at a time – contrary to all reports that multi-tasking is the way.**The Real Deficit: Self Esteem**As a nation no people work harder and longer than Americans. We spend more time at our work than any other people. Many of us work two, even three jobs. I wonder how much we collectively earn per hour.  And few of us really love what we do; most of us make the best of it for the money, for the security, for the benefits, for …Why would anyone do this?We do this because we really don’t know Who We Really Are. We don’t respect ourselves and we don’t trust our own ability to think for ourselves. In human vernacular, we, as a nation of people, have very low self esteem. Period.Don’t believe me? Think this is preposterous?  Read on.**Our Inability to Think for Ourselves**http://www.womensradio.com/uploads/users/images/296sz5dje2703b8i.jpgI don’t know exactly when it began in earnest, but I suspect it had something to do with television. However, somewhere along the line the marketers saw the opportunity to sell the masses these beliefs. We bought them hook, line and sinker for such ideas as “The American Dream”. This was said like there was an assumption that we had a collective vision of success. Enter the banks, insurance companies, spa dealers, landscapers, etc. They were selling the idea that we would be seen as successful when we accomplished these things. It didn’t stop there, of course, but went on to other areas such as fashion, beauty, what’s good, what’s acceptable, what’s quality, what’s in, what’s out; and like lemming we follow never trusting our own internal thought assessments or questioning their basic premise. The worst area of selling has gone on in the media – our news. We consume it daily, believing everything that’s in print or on television to be gospel and living our lives according to their version of the truth.We do not trust our own ability to synthesize information and reach our own valid conclusions and we do not trust ourselves to take the appropriate actions. Enter lawyers, mediators, consultants, coaches, and healthcare professionals to tell us what we should do. In short, we do not trust ourselves; we trust ‘them’.**Our Lack of Self Respect**When was the last time someone criticized you and you got angry, hurt or depressed about it? Maybe they implied you didn’t try hard enough, or weren’t up to the task, or failed, or were too this or too that? What matters is that it mattered to you what they thought. They couldn’t have poked your buttons if the button didn’t exist. What’s the button? Lack of self regard, self appreciation, self acceptance, self valuing, self honoring.When we perceive that someone has “dissed” us, it’s only possible because we are “dissing” ourselves daily in thousands of ways. We make ourselves wrong, inappropriate, and always less by the endless mind chatter from the petty tyrant within that crack’s the whip of guilt if we take a nap, read a book, or play with the dog when we OUGHT to be doing something – well, more productive.The truth is we are the ones who have lost sight of our own innate intrinsic value – our beingness – our very presence on the planet. We don’t appreciate who we are, so we find that we have given ourselves away to the daily ‘busy’ to prove our worth and validate our existence. Sad, but True. We think of ourselves as human doings, rather than lovely human beings.http://www.womensradio.com/uploads/users/images/96ry8gg582v0cj5.jpg**The Remedy**The cure all for what ails us as a nation, and as individuals is a healthy dose of self esteem. That alone would change our economy in profound and lasting ways, because we would be thriving individually.No longer would we be spending hours in front of television or internet, rather we would be evaluating life’s moments for ourselves and following only those paths, those opportunities, those people, places and things that felt Good, right and supportive of our innermost joys. We would be following our bliss, as Bill Moyer put it. We wouldn’t be buying the things ‘they’ think we ought to have; rather we would be dictating to the market what we demanded. We would see beauty in a zillion places, not just in a new car or home. We would value the intrinsic quality of something and not be blinded by the glitter or glamour.Self esteem is an inside job which no one can do for another. In the absence of anyone else, taking a path that no one else can imagine, we have to believe in the rightness of Who We Are – first and foremost. We have to love and appreciate the uniqueness of our individuality as the sole expression of Source coming through me, and me alone. We have to regard our unique contribution and gifts to the world as so important, so rare as to be one of a kind. Then we must be able to go about our daily lives trusting in our ability to make choices, to assess life, to find solutions and to hear our personal Inner Guidance along that singular path which is ours and ours alone.For all your getting, seek Self Esteem first. In the process you will Remember Who You Really Are – a pearl beyond price with the innate ability to respond well to whatever life shows you. |