

## Let Your Life Do the Talking

By **Lois Barth**

The term, “Me Incorporated,” has stayed with me ever since I joined the ranks of gainful self-employment as a small business owner. That catchy little sound byte has become an important question: Me, Incorporated?

Are you incorporated? Obviously, not in the legal sense of the word, but rather in relationship to the other aspects of your life? What areas in your life are really aligned and imbued with the three Ps—passion, power and priority? Which ones have been put on the back burner so long that you need a private investigator to unearth them?

Don't judge, just notice. Let your life inform you. What components or qualities are present in these areas? For me, that area is exercise. I adore the sensation of real exertion and movement. Mostly, I only do things I enjoy, like jazz and belly dancing, riding a recumbent bike where I get to read and respond to my e-mails. When motivation is necessary, I simply revisit the feeling of walking down the gym stairs, refreshed and awake. I listen, honor my preferences and incorporate my work habit of multi-tasking with a need for community. The gym is sometimes my home away from home. If you let your life do the talking, it will always provide you with the answers.

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