

Lower Stress In Your Life By Delegating

Delegating, may feel difficult to do. You may not want to ask for help, or feel you can or should do it all yourself. However, delegating can be one of the most liberating things you do for yourself. It can lower stress and vastly improve the quality of your life and relationships.

With today's busy lifestyles, learning to delegate is especially important because we are all challenged daily to do more. Delegating can be the difference between a great day or a hectic day that adds stress and impacts the quality of your life. Avoid the trap of believing the old axiom "If you want it done right, do it yourself".

Here's a tip to point you in the right direction towards finding a way to bring the power of delegating into your life. Start with a job that you hate or a job that is causing friction in your relationship with your family. For example; you may not really want to do the odd jobs around the house, or have the training to do the job well. It may not be your area of expertise! Allow yourself the thought "I do not have to be an expert on house maintenance, simply because I own a house!" Make a list of several small jobs like dripping taps and the broken gate latch and hire a handyman who can do it quickly in a morning.

Cheryl Scofield, Imperial Personal Assistant, has over 20 years experience supporting busy professionals. We are a concierge service delivering consumer products and providing sales and marketing support. Cheryl, acts as the organizational hub to get the job done. Get the help you need, Call 866-642-5145.

Email info@ImperialPersonalAssistant.com