



## Enlightened Newsletter

### "In a Blink of an Eye"

This month, I observed the closing of certain doors and opening of new ones. Not knowing what to expect, or what would happen, made the experience, nerve-wrecking and free at the same time. This is how I dealt with this experience.

First, I felt overwhelmed over how much I needed to be completed in a short amount of time. So, I started working on the projects, nonstop throughout the weekend. Then, on Sunday, I realized I needed a break, however, I pressed on. Knowing that my family wanted me around and that I could not relax if I did not get these projects done, I made the decision to continue. Finally, after hurting my neck, going to the doctor twice and not being able to be with my family, I completed two projects. Yes, I felt relieved that I completed the projects, however, my family was upset.

To make up for this lost time, I made plans with my son to spend time with him while my daughter was in her class. My daughter and I made plans to watch a movie together. My husband and I watched a movie and ordering in Sushi, our favorite meal together.

I hope you learn from my experience, to make time for the important people in your life. It will make the rest of your day to day tasks more rewarding.

*Sabrina Quairola*, owner, Sabrina's Org. and Admin Support Services

Volume 3, 3/1/09



Spring is coming!  
Have a great time  
outdoors.

### Quote of the Month

Most folks are about as happy as they make up their minds to be.

Abraham Lincoln,  
1809-1865

Source: [www.quotationpage.com](http://www.quotationpage.com)

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