

3. JUGGLING LIFE

Kids, husband, housework, work, study, exercise and eating well. That's a lot and that's my life at the moment. one big juggling act. Now, I'm not the most organised person at the best of times so trying to do it all really is proving to be tricky and at times extremely stressful. and of course being part of a family, it's not just me who is suffering. My husband is picking up a lot of slack and as supportive as he is, at times everything just gets a bit too much. I own my own business and am there five days a week and four days I don't get home till after 7pm due to boot camps and gym classes. my husband also works full time and has taken on picking the kids up, cooking dinner, getting kids bed ready and most of the housework. This makes me feel guilty. Guilty for not spending as much time with the kids and my husband as they would like and as i feel like i should. and for asking my husband for so much.

A couple of times over the last two weeks things have seemed like they are just too much and I have had some emotional eating binges and plenty of tears. I have had days where any exercise is tedious and days where it's just too hard and being fat and unhealthy just seems so much easier. I guess that's because it is. If all this was supposed to be easy then no one would be over weight and everyone would be fit and healthy. I have been exercising 6 days a week and all are pretty high intensity and it seems like injuries are popping up everywhere. I have a long road ahead of me and if I am going to be successful in getting healthy and fit then it's time to change my game strategy.

I have discussed all this with Brad and Peta from Lifestar and I think I am burning myself out and setting unrealistic expectations on myself. I am making changes for life and realistically I just can't sustain this much exc and need to loosen up on what I'm expecting of myself on the diet side of things just a tad. So It's time to start setting small goals with time lines so I can see how long I need to work at this intensity and what I want out of it. I haven't sat down and started on these goals yet but because I have had such an up and down week I think my first goal will be to get back on track and to focus on the positives and remember why I am doing this and what I want out of it.

Everything is about balance and I think It will take a while to find the right balance with everything but I'll figure it out.