

Refilling Your Own Pitcher.
Terrific Tip #12 from *Going Lightly!*
Terrific Tips to Lighten Your Daily Load.

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Life is such a mixed bag! And while we, as teachers and trainers, struggle with our personal journeys, we also bear immense responsibilities in our professional lives for those we teach, train, instruct and inspire.

So sometimes we need a gentle reminder to take better care of ourselves, because we can't give away what has been depleted inside us. With that in mind, I'm reprinting a chapter from ***Going Lightly*** to remind us all (myself included) to be gentle with ourselves as we serve our family, friends, co-workers, colleagues, students, and learners.



**People Who Go Lightly Refill
Their Own Pitcher.**

You've heard the story many times and many versions:

"It had been a long, hot day and workers were tired and thirsty. The boss took a pitcher of water and began filling the workers' water glasses. Soon the pitcher was empty but the boss continued to pour nothing into empty glasses. Finally, a worker spoke up: 'Excuse me, but your pitcher is empty. You need to refill it first before you fill our glasses.' The boss looked at him and smiled. 'You're absolutely right.' She then left to refill her pitcher."

You know that, in order to serve others, you must first serve yourself.

In order to have the health, time, and energy to help your co-

workers, family, and friends, you must first take care of your own physical, mental, and emotional needs.

So what refills your pitcher? What are the small daily things that give you a lift, that replenish your energy when it's low, that make you smile and feel lighter? What keeps your energy moving and flowing so that you can fill the water glasses of your family, friends, co-workers and customers without depleting your own? What do you do to renew and re-energize yourself?

Maybe a walk, a nap, or some hot tub time is in order. A change of pace or escape into a novel or a movie. Maybe something as simple as listening to your favorite music, dinner with friends or family, playing with kids (yours or the neighbors), or dancing. Perhaps a quiet chat with your significant other or a close friend, or a few moments of solitude while you listen to the sounds of silence (a luxury in our noise-filled culture).

If the truth be told, it's often easier to take care of others – your family, friends, co-workers, clients – than it is to take care of yourself. And in all the hustle and bustle of your daily work, it's often the norm to forget to nurture your own body

and mind. You convince yourself that your crazy schedule is okay, you have to do it this way, and that you'll take a vacation after all the work gets done and when you have some spare time.



So, because you really matter, promise yourself that you'll go a little more lightly - and take better care of yourself (and I'll make the same promise to myself). It's only when we refill our own pitchers that we can then serve our families, friends, co-workers, and learners in the ways we wish to help them.

***The last time I saw him,
he was walking down
Lover's Lane
holding his own hand.***

Fred Allen

Refilling Your Own Pitcher. From: Going Lightly!



Author and traveling teacher Sharon Bowman helps educators and business people “teach it quick and make it stick,” - fine-tuning their information-delivery skills and turning their passive listeners into active learners.

Over 40,000 copies of Sharon’s 6 popular teaching, training, and motivation books are now in print. Titles include: “*Preventing Death by Lecture*,” “*Presenting with Pizzazz*,” “*How To Give It So They Get It*,” and “*Shake, Rattle, and Roll*.”

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