

Circle of Trust

Meeting Overview - January 31st, 2006

Last Tuesday's meeting went very well. We focused on our need to be "Superwomen". It is very important for each and every one of us to stop and reflect on "why we do the things we do".

Keeping with the theme of superwomen, I asked everyone in attendance to pick one super-power they would like to possess. The number one response was teleportation. The reasoning was so they would be able to go wherever they wanted, whenever they wanted. What would your answer be, and why? After reviewing the conversation we had last Tuesday, I have devised a few questions that everyone asked and answered throughout the conversation. Take a moment to ask yourself these questions as you reflect on your busy life.

1. Do you feel obligated to take on an extra task, knowing that you are already bogged down?
2. Do you take on extra tasks because you cannot say "no"?
3. Do you take on extra tasks because you do not trust that someone else will complete them successfully?

However you answer these questions, the conclusion is the same. Sometimes it is okay to think about yourself first before you concern yourself with others. We cannot nurse someone else back to health if we are not well. Finally, we cannot do everything. However, we must make sure what we can do is done well and with care.

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