



Association Press

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8 Reflections for Our Times

by Jeff Davidson, MBA, CMC

1. If it ended today, would you be content with the life you lived?
2. You can choose to overcome behaviors that no longer support you.
3. Your actions and perceptions dictate the amount and quality of breathing space you enjoy.
4. Choices and priorities go hand-in-hand; a priority is a prevalent choice in your life.
5. Reacting and responding are poor tools with which to gain control of your life.
6. Choosing to trust yourself is the antidote to relying on time-consuming information crutches.
7. Acknowledging your current feelings helps release blocked energy and offers a fuller sense of the present.
8. If you're too busy to have breathing space, you are much too busy.

Jeff Davidson, MBA, CMC

is the work-life balance expert for our time-pressed workforce. He wrote Breathing Space (BookSurge) and The 60 Second Procrastinator (AdamsMedia).

For a copy of his stirring speech Relaxing at High Speed on CD, call Jeff at 800-735-1994

or email him at Jeff@BreathingSpace.com

For Jeff's speaking availability, or tips on career and personal effectiveness, visit: www.BreathingSpace.com.