

Jelly Side Up!

by Mary J. Pryor

An excerpt:

I've no shortage of what I'd like to do, with my time, with my life. I've got projects, piles, and ideas, and lots of things in the category of "I want to/need to/hope I can find time for, and when I'm not too busy I want to . . ."

Not very different from you, huh?

There never will be time for everything I want to do, but there really is enough time for everything that's important.

There's an old saying-

The only way to assure your bread will end jelly side up on the floor is to put jelly on both sides!

And that's what this book is about.

Getting your bread to land jelly side up-all the time.

Of course, you do that every day-find time for the important things in your life.

Don't you?

Your community, your job, your home, your friends. . . except that sometimes, in finding time for all of those, we find we can't find enough time for ourselves.

Are you good at that-making or finding time for others, and not finding time for yourself?

Don't feel alone. We are many.

Why is it so easy to see when someone else needs you? Why is it so hard to help myself? To find time to grow, renew, re-charge, and feel good about

not just covering the bases, getting things done, crossing things off my list.

But feeling good about doing things that satisfy you deeply, give you great enjoyment, make you feel happy, joyful, fulfilled, let you relax, and accomplish longstanding dreams.

When you think about it, jelly is a lot like life. It's colorful, rich, and comes with wide variety. It tastes good! It's wonderful. The color is great! But it can get sticky.

Like life, like you, jelly can be spread too thin. And then it doesn't taste as good.

But you get to choose how little or how much to use!

The Jelly Side Up Philosophy of finding time for what's important in your life addresses this most important issue. and gives you at six ways to find time for what's important to you.

Notice I didn't say easy. Sometimes it may be, some things might not.

Have you ever said "That was worth every second I spent on it?" If I had it to do over, I wouldn't change a thing, I'm that happy with the result.

This book is about feeling better about the ways you choose to use your time.

It's about job satisfaction.

It's about life satisfaction.

It's about reflecting on your current activities, level of involvement, unfinished projects, and unrealized dreams.

It's about finding time for the results you want.