

**FROM THE DESK**

**OF**

**DONNA GRABER**

My good friend and amazing woman, Susan Zimmerman wrote the article below. I certainly hope you enjoy it – a great life lesson!

### **Empty on Full**

Have you ever simultaneously experienced a very full schedule while feeling empty at the same time? In this fast-paced, achievement-oriented American culture, it's happening to more people with increasing frequency.

It's up to each of us to check in with ourselves to determine if we're running on fumes. You could call it "empty on full," as I did a few years ago when my seminar travel schedule got a bit too overloaded.

It happened again this past year as my mother's health was failing. She passed away in March. I am humbled by the grief and the full schedule of related tasks that remain. Empty on full again...time to take some time. Slow down the pace.

So, I wanted to share this amazing sun over the clouds picture taken while on a flight back to Minneapolis recently. It seemed so heavenly; I just couldn't resist waving to Mom, hoping like a child that she could see my tiny little head in the window of the large passenger plane.

Overload can be triggered by many different kinds of personal or professional obligations. Many common life transitions can also cause this energy-draining situation such as job changes, relationship conflict, or loss of a loved one.

If you find yourself empty on full for any reason, take some time to float on the clouds. Whether it's just in a minutes-long meditation, or a month-long vacation, try to reverse empty on full. Go for some "Full on Empty." Empty your schedule (or your head) enough to fill up with some refreshing calm.

Here in Minnesota, we can finally do that outdoors without freezing to death! Enjoy nature's beauty and know that Mom would approve.

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