

# Easy as pie



## HOW MUCH OF THE PIE IS FOR YOU?

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## LET'S ASSESS

It being the holiday season, I've been thinking of baking. This week, I'm thinking about pie, since Morris and I just finished the pumpkin pie I made last week for Thanksgiving.

On the following page, I'm going to share two "pies" for you to fill in.

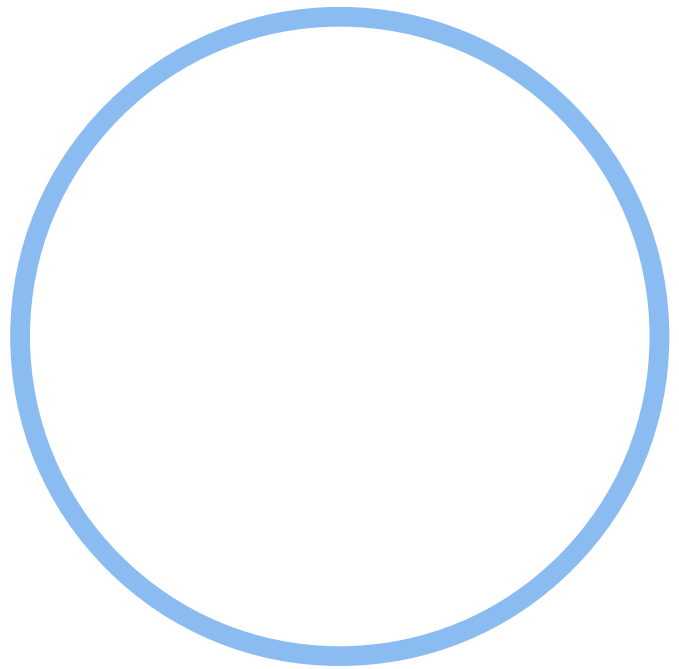
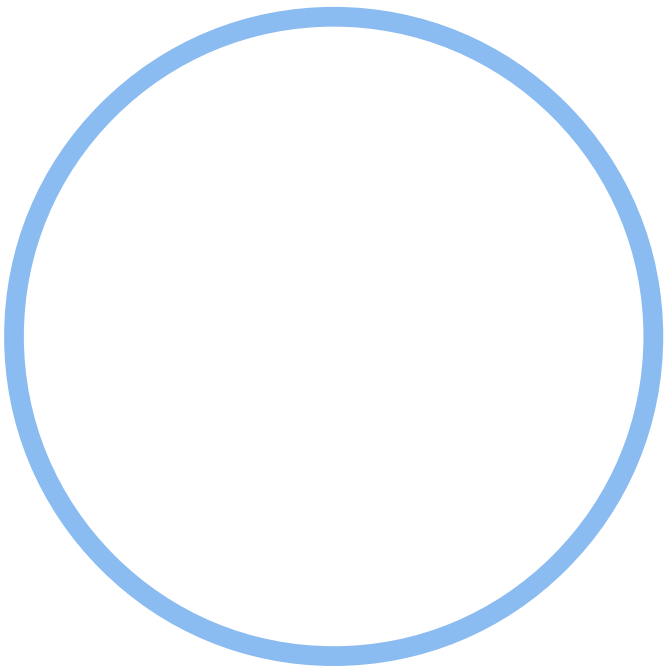
The idea is to assess how much of the "pie" that is your life is devoted to you, as opposed to going to other people, animals, or things. Maybe you spend 50% of your waking time (or more) at work. Maybe you spend it taking care of other beings. Maybe you spend it binge-watching Netflix or some other media. Maybe you spend it doing chores that are designed to take care of beings besides yourself (grooming pets, grocery shopping, etc.)

What I want you to do first is to apportion your pie the way you think it should be: If you have a spouse plus a job plus one kid, maybe you think the pie should be in fourths. Or maybe you think it should be in sixths (yourself, spouse, kid, job, chores, volunteering). Whatever is important to you in life, give it some pie.

Then use the second pie to assess the way things truly are. Maybe you thought you deserved one third of the pie, but you find that you barely get a taste of that pie once you take the other, actual things out.

*How much pie do you want?*

*How much pie do you get?*



## **WHAT ARE YOU GOING TO DO ABOUT THE DIFFERENCE?**

If you are like most people, your actual slice of the pie is smaller than what you envision for your life. What are you going to do about it?

Is there something you can stop doing? Can you place a boundary or limit on one or more of your activities? Is there something you can delegate to get it off your plate so you can fit more pie?

Is there something you need to ADD to that pie to make the whole thing far more satisfying? It could be something substantial, or a bit of spice to make your pie more appealing—and yes, I am fully committed to this pie metaphor. What would feel like fun? What would feel like love, or joy, or comfort, or support?



## **WANT SOME HELP?**

I would love to hop on a quick Zoom call with you to see if we are a good fit to work together to help you figure out how you can find a bit more for yourself, whether we are talking more time, more fun, or more satisfaction.

Just shoot me an email at [admin@actually-i-can.com](mailto:admin@actually-i-can.com) to set something up, or pop over to [my scheduling page](#) and pick a time slot for yourself.

