



Join Adele's 'Happiness' Quest

By Adele Blair – Founder, Blair Lifestyle Management

I was recently asked to list five things that made me happy. At first, I was like, "Oh, well of course: my husband, cooking..." and so on. But then, I spent a lot of time really pondering the question: what truly made me happy?

Gosh, I could have gone nuts! Uh...perhaps, having buckets of money, shopping whenever I wanted, a weekly delivery of Manolo Blaniks, bi-annual overseas holidays, driving a new Mercedes-Benz, a new diamond ring...Then, I realised these were all material things I *THOUGHT* would make me happy.

So, I changed the question to: "What do I really value?" This yielded a different response. Honesty, integrity, friendships, love and trust; seeing these values in action made me happy. As such, my next challenge was figuring out how to bring these values to life, and into my life, more often.

"What do I really value?"

A review of my values list revealed a key missing element - time. I needed to retrieve some of the hours that were 'miraculously' escaping me every day. I had to assess how I was already spending the time I had – almost like a review of my 'budget of hours'. Like everyone else, I had 24 hours each day, so how and where was I going to spend them? Would I get a good return on my investment?

So, I carried out a time audit. I soon discovered my work guzzled about 10 hours each day and sleep relieved me of 8 hours. This left me with a balance of 6 hours each day. Then I took into account all of the

incidentals, such as: showers, meals, commuting, general errands, washing, ironing, cleaning, grocery shopping... I was probably working on a deficit of two hours a day – and I didn't have kids!

The result of my time audit revealed I had to prioritise the allocation of my 24 hour-a-day time budget, make some changes to my lifestyle and start outsourcing menial tasks. I no longer commute to work (I work from home), I do my grocery shopping online, and I send my washing and ironing out to be done. I also actively manage my time better and plan how I am going to allocate it each week...a long, relaxing bath with a book and bottle of red is definitely on the cards!

So, the final result of my initial question: "What makes me happy?"...well, it really boiled down to clearly defining my values and creating enough time in my life to see them in action!

My greatest achievement......accepting that, with motivation and determination, I can do anything!

Adele and her friendly team can help you enjoy more simplicity, quality, and luxury in your life. Queensland's leading personal concierge and lifestyle management company, Blair Lifestyle Management provides the spare hands and brain power you need to make light work. No task is too small or too big!

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Your turn

My time audit

What do you usually do in a day (24 hours)?

Pick a regular week day to start off with, and then try auditing an entire week.

Task

Hours

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TOTAL - 24hr

In order of importance, what are your 5 key values?

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**



Fill in the clock
Break down your day
into time segments
(work, travel, meals,
fun, chores etc.)

What activities will enable you to enjoy and experience these values?

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How can you eliminate, adapt or outsource undesirable tasks that are taking up your time?

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Go for it & enjoy!

