

Amanda's Essential Lifestyle Plan

Developed: 1995

Last Updated: March 2007

Purpose: My plan needs to reflect life with Baby Ben!

My introduction (what others like and admire about me)

"Really helped me learn; a good mentor!"

Good listener, excellent facilitator, intuitive

Devoted mom and caring wife

What is important to Amanda	What have I learned?
<p>Our family - Ben, Steve and Me</p> <ul style="list-style-type: none"> • Family time is sacred - evenings and weekends. • Steve and I support each other as new parents - it is a partnership. • Ben is a miracle - the light of our lives! It is amazing when he smiles and laughs • Ben is cared for by Steve or me - no childcare until he is older • Pictures, pictures, pictures!! Scrapbooking and journaling to record our first year with Ben. • Celebrating the "firsts" <p>Nurturing our family</p> <ul style="list-style-type: none"> • Cooking healthy foods and buying organic • Exercising together - long walks with Ben in the stroller • Baking goodies • Giving Ben lots of experiences to enjoy and learn • Being vigilant about keeping home/work balance <p>The Basics - gotta have 'em</p> <ul style="list-style-type: none"> • A shower every morning • Frozen cappuccino - .94 at Quick Trip every morning • Time to play with Ben, talk to Steve and do some work everyday • 6 hours of sleep at least 3 nights a week • Splurging on Ben often - clothes, toys • Time alone with Steve as much as possible to relax and catch up on our T.V. 	

shows (once a week right now)

Surviving and thriving!

- Not to waste time on worrying about the future, the past or what I said/did wrong today. Life is a gift. Keeping this perspective is important to me!
- Staying up to date on the latest breast cancer research, treatment
- Facing fears with peace
- Sharing hopes and fears (often over margaritas) with fellow survivors

My work is important for my fulfillment

Making a difference to ensure a better quality of life for all

- Trying new things, innovation
- Providing meaningful training
- Person centered change!
- Being a part of a person centered organization - HSA. Walking the talk is crucial.
- I am interested in focusing on the outcomes of my work and building relationships

My rekindled faith-

- Continuing the wonderful connections made with fellow North Star members.
- Continuing to share story to provide hope for others

Supporting breast cancer survivors

- ⌘ Being there right after diagnosis - support and information

⌘ Help women know they can have positive control over treatment decisions with their team. Self-determination as a "cancer patient" is possible!

Staying healthy

- Knowing I have done the best I can to get the medical care I need to stay cancer free
- Not freaking out about all the weight I have gained and will gain-"just do it"-exercise and eat healthy
- Staying pain free (lower back pain)
- Yoga on my terms

For fun

Playing with BEN!!! and when there is time... every few months:

- Gardening
- Photography-nature and flowers
- Cooking
- Being a coffee, new restaurant, film "connoisseur"
- Indulging the materialistic side of me from time to time
- Massage junkie

What is Important *For* Amanda

What others need to know or do to support me:

Caring for Ben ourselves (no outside childcare) is the best choice for us and is a challenge with my travel schedule.

- Steve and I need to check in with our schedules once a week to get my

travel schedule and his work schedule worked out. This is stressful for me until the details are figured out.

- I need help to know when I'm taking on too much work BEFORE I agree to additional work. I will mention work before I agree to it. Ask me about home/work balance when I mention additional work away from home.
- Afternoon conference calls and/or work in KC area is the best to keep home/work balance. I need help to remember to schedule only in the afternoon.

I get really frustrated when colleagues don't live out what we help others learn - being person centered with one another. Struggling to figure this out together is fine; disregarding the principles of person centeredness is not.

For others I work with-when I am consistently just a few minutes late for meetings or appointments this is the warning sign that I am too busy. It is not a sign that I lack commitment or I'm being disrespectful by showing-up late.

I need help to work at a pace that is focused on balance. I spent my 20's as a workaholic and so far in my 30's, I don't have the energy to work at that pace, but my impulse to commit to work is still there.

When I am cranky it usually means I am worrying or frustrated or just plain tired. Ask me what is bothering me-be ready for a bit of venting in the beginning. This may mean I am spreading myself too thin regarding time commitments. Remind me of this, gently.

Realize I am a very flexible, "go with the flow" person and in my down time I really

don't mind others making decisions about what we do for fun!

When training,

- I am fine with changing order of content on the fly. Realize also, that I may do this while I am training. If this is a concern for you, I won't do it. This is a conversation we need to have before we train together.
- Also, it is important that I be "pushed" or required to develop an agenda with outcomes before any training. If we train together, this is something we can do together. This helps me get organized.

Realize, I think best when I talk with others to process my thoughts. What you believe to be a simple "yes or a no" question, may not be in my opinion. Likely, I will begin sharing my thoughts with you. If you just want the "yes or no" ask me to get back with you after I've thought about it.

About my health:

- I take several of medications for various health issues. I take care of this- and from time to time I whine about how many pills I have to take. Please assure me it is ok and not going to last forever.
- I appreciate any information on research on breast cancer-feel free to send or share information.
- Realize, I do not have a problem talking about being a cancer survivor. If this is something you don't want to talk about, just let me know! Also, I am not shy...If you have questions, ask!

What is working right now, the upside	What isn't working right now, the downside
The partnership Steve and I have in raising and caring for Ben	When I'm gone for a week at a time for work OR schedule morning meetings/appointments. I do this without thinking through my home/work balance
5 year cancer survivor!!	
Talking with newly diagnosed younger women and helping them see positive control is possible	Ellen, Tanya and I aren't in touch as often as we used to be - miss the fun and support
Starting HSA USA-Opportunity to use my gifts and skills to begin an organization that supports person centered change in our culture	Not sure I know what I need to know about financial issues about starting a business.

Action Plan:

What	Who	When
Set time aside to review my travel schedule for rest of 2007	Me and Steve	By April 30
Get the "Three Amigos" together for a get away - even if it is just dinner with margaritas	Amanda - calls the Amigos to schedule for '07	Time is scheduled by May 15 th
Develop a plan for getting financial/accounting/tax support	Amanda and Helen	By April 30