

The word of the day is conundrum. A conundrum is defined as a confusing and difficult problem or question.

The conundrum is the the struggle to make others happy but not forgetting about yourself.

We talk about, and practice servant leadership, putting others first, and while that is what I believe we are called to do and be, it can lead to the conundrum.

While you serve others you also need to make sure to make, and take time for yourself.

Here are three ways to help you through the conundrum.



1. **Take Time For Yourself** - it's not selfish, it's needed. You can't be at your best for others if you don't take time to take care of you. That care can look different to each person, but find what helps you and do it consistently.

2. **Talk Yourself Up** - the most important conversation you have each day is with yourself. You are wired, by human nature, for negativity. You must eliminate that negative talk and replace it with positivity. Speak affirmation and value into yourself.

3. **Believe** - believe that taking care of you is as important and meaningful as taking care of others. Believe that you are the right person, in the right place, at the right time.

If you believe in yourself, and what you believe in is real and authentic, you will be better equipped to take care of others.

When you experience your conundrum remember to **take time for yourself, talk yourself up, and believe.**

