



Having It "All"

Question: I do everything I can to not be considered lazy. Are you saying that being lazy is a good thing?

Answer: This is a great question that my co-author and I are often asked, which we love to answer! I'll tell you a secret: My friends joke with me that I am anything *but* lazy! I am known as a bit of a whirlwind of high energy. So, I am always reminding my friends of our re-definition of the word lazy. It doesn't mean laying around like a sloth, avoiding your responsibilities, or even being unproductive. These things are actually very un-lazy because they can cause even more stress in your life. Being lazy is a state of mind and a way of life. It's about having less stress and more happiness in your life. I am a lazy woman because:

- 1) I have my priorities straight: I do things that make me happy.
- 2) I use shortcuts and anything that will make my life easier.
- 3) I stay focused on the things that fulfill me.

My co-author and I wrote our book in response to the Martha Stewartizing of womanhood, which created a world where women were expected to have an exquisite home, make gourmet meals, entertain up a storm, all while looking attractive and hopefully bringing home some proverbial bacon as well! The expectations bestowed upon women these days are very high. We wrote our book for all the stressed-out women who are striving to hit all the pictures in the magazines.

If you are lazy, you get that pictures are just pictures, and they certainly don't mean anything about you, whether you hit or miss their recreation. Being happy, peaceful and fulfilled is what it's all about.

Women can "have it all," but we may need to redefine what "all" of it is. What is your "all"? A really great exercise is to check in with yourself on a regular basis about what you are committed to creating in your life as your "all." When you write down what you want to create in your life, what the reality is and where you are actually spending your time and energy, it can get you clear on your priorities and the source of your own happiness. Usually our "all" (like the word "lazy") could use a little redefining so that we get that we and our lives are ultimately perfect right now. Fighting life is not lazy. Leading a lazy, happy, fulfilled life starts today, with appreciating "all" that you do, have and are right now!

Bridget Fonger is co-author of "The Lazy Woman's Guide to Just About Everything" and a freelance writer and producer living in Sierra Madre. Visit her website at LazyWoman.com. Send questions you would like to have this Lazy Woman answer in this column to Bridget@LazyWoman.com.