

November 11th, 2010

## 8 Reasons to Hire an Expert to Help You



I hate to shop. I've hated this sport for 3 reasons. 1) I don't enjoy keeping track of what's in style 2) I don't know what looks good on me 3) I have a fear of spending money on myself.

Two weeks ago I did something that seemed totally extravagant to me. I hired **Aly Scott**, a personal stylist to come to my closet and help me clean out my closet and replace old clothes with new ones. The experience changed my life. I mean I knew I had a lot of things to get rid of, but Aly was ruthless (in a very good way). It was like a tornado went through and ripped out all the old junk, leaving racks

of clear space and only clothes that look and feel good to me. I was floored by how many times I'd convinced myself to hold onto something that really wasn't "me". Aly was able to show me how to dress in a way that reflected who I am and what I do; and with clothes that were stylish, but not over the top. Suits and blazers make me seem unapproachable, she explained. All my "stiff" old clothes were replaced with softer, more flowing fabrics.

Guess what? I feel like a different person. Lighter. More free. And definitely better dressed. What a relief! I am no longer wasting energy on my clothes and feeling tired every time I step into my closet. Instead I'm spending all my energy on things that I love (like my hubby, my work, my home, etc) including enjoying how my clothes make me feel.

What's currently causing you stress or sucking away your precious energy? Who could you hire to help you? Examples: nannies, drivers, housecleaners, landscapers, personal chefs, coaches, personal stylists, shoppers, personal assistants, travel agents, web designers, fitness trainers, concierge services, event planners, caterers, interior designers, massage therapists, dog walkers, pet groomers.

Are you saying to yourself, who is she kidding? I can't afford this. But honestly, I'm not kidding. Can you afford not to? If money is a challenge, how about finding creative ways to get help? Like barter or trade your services (the things you enjoy doing) with someone who can help you. Maybe you like to cook, but not to clean. So you cook for someone else and they clean for you.

Here are **8 reasons why getting help is critical to living a guilt-free and happy life.**

- 1) You can stop beating yourself up about things you don't enjoy
- 2) You support the work of others—it's one of the best ways to be generous with yourself and with them

A mentor once told me that hiring help was his way of supporting the local economy. (brilliant!)

- 3) You save yourself time
- 4) You stop wasting energy on things you don't enjoy
- 5) You focus your time/energy on what you love
- 6) You focus your time/energy on what you're good at
- 7) You feel lighter, freer, happier

Bonus...

- 8) You're much more likely to be more abundant and successful in your personal and professional life. Why? Because you're happier—spending your life on what you love, not what you don't love.

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