

Recently two of my dearest friends told me they walked away from their family. It was a temporary retreat, but a walk away nonetheless.

The story is that the conversation was getting heated where my friends were getting blamed for other people’s problems. So they retreated to gain some space, poise, and breathing room.

They cried, “Enough!” and acted on it.

This was new behavior for them. Usually each of these magnificent women is in there pitching with their family – helping, soothing, accommodating. They are Mother – the powerful heart and center of the family and unfortunately sometimes the dumping ground too.

Each of my friends came back from their retreat to hear apologies from their family and a newfound determination to take better care of themselves. They realize too that they must learn to let their family develop new skills and take more responsibility for their actions and results. They are demanding more respect from their family.

Getting to “Enough!” and walking away gave each of these women the perspective that this is her life and she must determine how she lives it.

How about you?

Where are you getting to “Enough!” in your life and business?

What are you willing to let go of to let in more of what you want?

