

How important it is to take stock

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I'm looking at my journal which I set up with a template to fill in the days. I used to really write my diary every day. In fact, when you ask me, I claim to write a diary and a [blog](#).

Life happens. And it is just on those days that I am so busy and there would be such fascinating things to tell you about, that I do not get around to blogging or journalling!

Now as I try to fill in the gaps, I notice a trend.



Volunteering

My yearlong volunteer service to the [VIC Toastmasters club](#) has resulted in the current executive actually looking at the Gmail account I set up for them years ago and consider next steps.

My passion for the [WFWP](#) webpage is also attracting attention!

As I deal with almost daily visits to the dentist and come back home to hundreds of emails in my inbox - I try to work on my three pillars. I'm working on clarifying what I am prepared to do going forward.

Recognizing that my expertise is really appreciated in areas where I invest myself - why is it still so difficult for me to draft my business offer and name my price?

I've been working in the volunteer realm for so long I believe I have adopted the mindset quite typical for

many women.



Mentoring

I've been following Clare Josa who wrote "[Ditching Imposter Syndrome](#)" and "[Dare to Dream Bigger](#)".

I've done "[Thinking into Results](#)" with Bob Proctor, after following [Vivienne Posch](#) and her "Quantum Leap" group on Facebook (in German - Quantumsprung).

I've launched visibility campaigns with Facebook groups: "[Learning by Doing](#)" and "[Dream Job UN](#)" after mentoring with [Christine Schlonski](#). I've subscribed to Hal Elrod's "Miracle Morning" and bought James Clear's "Atomic Habits". I'm reading Robert Kiyosaki's "Rich Dad Poort Dad" and feeling quite inspired and motivated.

Gratitude

Yet this daily routine of journaling, meditating and conscious intentions is so important.

I get the gratitude.

It is impossible for me not to be grateful. This last week I saw everyone of my five sons!

One comes over to install a new graphic card into my desktop pc. Another meets me online to support my excel sheets in finance management. Then he comes with his wife for an afternoon of sharing. The youngest one invites us all to come for "Martiniganslessen" celebrating the feast of St. Martin with a roast goose lovingly prepared for us in the apartment he shares with his partner.

Health Issues

My husband comes home with a new hearing aid stating that the tester said he has only 15% hearing without the hearing aid. We spend every morning reading and discussing together. I reflect on what it would be like if we could not hear each other. Then I make some comment as we go to bed and recognize he picks up much more than you may think.

Visibility

My revelation this week is about sharing. I have a mentor who has a mentor. She shares with her mentees what she gets from her mentor. I share what I get from my mentor. We teach our children by example, by sharing, by doing, by loving, by giving. Sometimes I know we think I can't share that, it's not mine. Yet if I have embraced it and embodied it, it is mine. My mentor, Christine Schlonski urges her mentees to share from within themselves - give what comes from yourself, your personality, your conviction, your truth. Sometimes my truth has just grown due to what I have received from somebody else. Sometimes it is an impulse. Sometimes it's a story. It can be an example, a model, a template, a revelation.

Oftentimes I see, experience, or hear something and will automatically share it with my friends because it inspired me. When we make our truth our own it is the most natural thing in the world to want to share it with others. That's also network marketing.

Guru

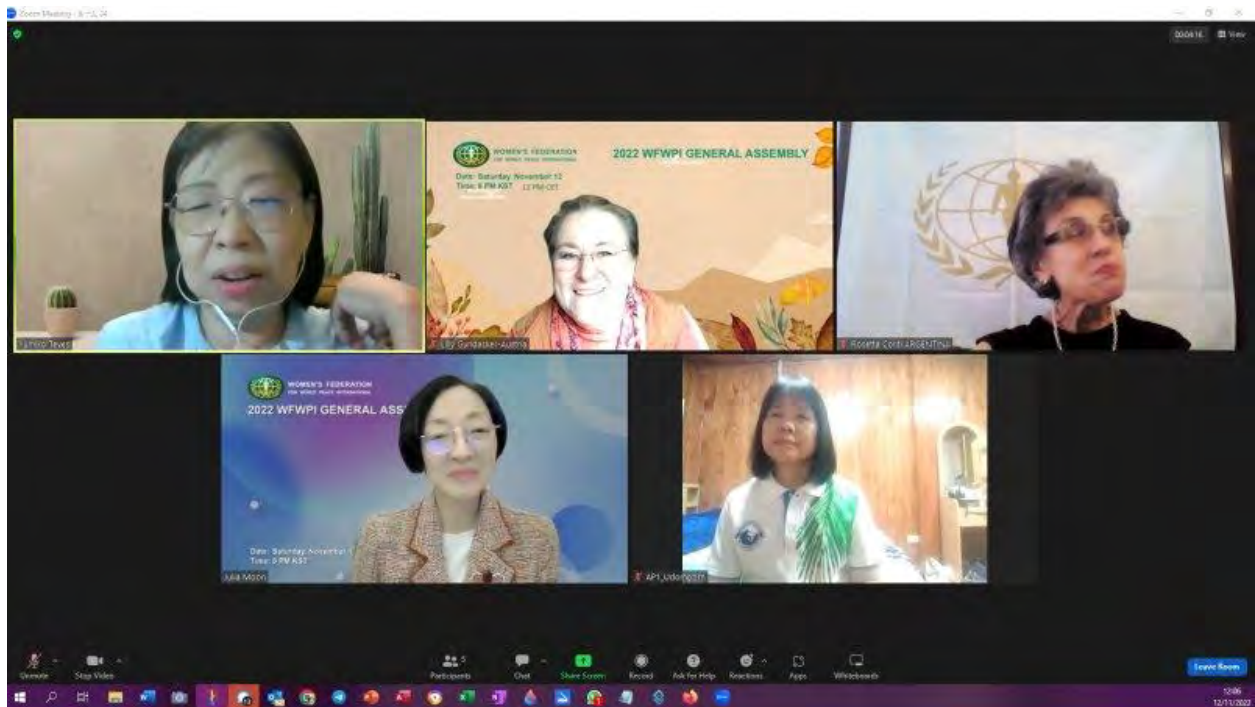
My most impactful teacher was Reverend Moon. When I became a Unificationist there was bad press and persecution. Today we are back there again as our Japanese movement is going through quite some difficult issues.

Yet as I follow my conscience and know that this path has saved me from drugs and crime and promiscuity - I am grateful. Grateful to the person who approached me on the street. Grateful for the patience that helped overcome my arrogance. Grateful to my parents who endowed me with intelligence of IQ and EQ components. Grateful for the blessing which brought me here to Vienna.

Now of course I regret that I did not manage to journal every day. And yes, I still struggle with thinking nobody will be interested in what I have to say because there are so many others saying the same thing already.

Yet I know how it has helped me knowing that my mentor is out there pumping her message out to the world.

[I was at the dentist](#) every morning during the times of her sessions this week. My mailbox was overflowing with stuff I might be interested in and might have time and inclination to follow up some day.



Trust the Universe

I have learned to set them aside or even delete them. Trust the universe. Know that you will receive what you need at the right time. No need to clutter the house, the cellar, the computer with stuff you might need some day.

I left the IAEA three years ago. I thought I had to prove how great I was with the letters and emails and messages from grateful colleagues I served at the time. I mourned not seeing them as a natural course of my day. Then Corona came and blocked that option even for those still working there. Meanwhile I have met new colleagues who only worked from home and are only just getting to meet a few staff members in person.

I'm grateful for the contribution I could make to the V.I.C. Toastmasters club. And I am so happy that we are meeting in person again.

So now my challenge is to articulate what I have done, what I am prepared to do and I do hope and wish the young successors can build on the foundation that has been laid.

Pass the Baton

Just look at the WFWPI. I moderated part of the General Assembly of Women's Federation for World Peace International last weekend. How gratifying to see the next generation appreciating the foundation and being prepared and eager to build on it.

Never doubt the effect you are having on others. But don't forget to let them know what you are doing and feeling.

I'm working on it.