

Presenter: Elayne P. Pearson
April 29, 2010

Doing it All vs. Effective Delegation

In church, home, community, and in the workplace, women sometimes feel they have to "do it all," alone, and perfectly. I was such a woman. In fact, our family ran like the pink mechanical bunny on TV... until *each* of our batteries became dangerously low. It was exhausted and, was difficult to know how to meet our expectations, obligations, as well as our opportunities. Frankly, King Benjamin's wise advice in Mosiah 4:27 had gone right out the window!

And see that all these things are done in wisdom and order; for it is not requisite that a (wo)man should run faster than (s)he has strength. And again, it is expedient that (s)he should be diligent, that thereby (s)he might win the prize; therefore, all things must be done in order. Sister Barbara Winder, eleventh president of the general Relief Society, cautions each of us to not compare ourselves to other women:

This is a lesson we all have to learn: only we can judge how much we can handle. We often think that someone else is doing everything. But usually one sister is doing one thing, and another sister is doing something else, and yet another sister is doing another thing. Then we try to do it all! And when it all comes tumbling down around our feet we realize that we can't do it all. As we learn what we can do, we are growing; and then sometimes we can take on a little more-perhaps because of what we have learned in the process.

Sisters, its challenging, but to bring order back into our crazy lives, I formulated the "tions" as in, delega-*tion*, coopera-*tion*, and participa-*tion*, etc. (Like Elder Burton's wonderful "ity" virtues.) I adore singing the church songs -- they inspire me to "stay the course" and **be a good delegator.**

Elayne's Eight Excellent "Tions"

1. **Despera – tion** ~ Theme song: "*I have work enough to do... ere the sun goes down!*"
Don't wait until you're knee-deep in mud. Start delegating today!
2. **Conversa – tion** ~ Theme song: "*Where can I turn for peace?*"
Talk it over with your spouse, children, and good role models.
3. **Inspira – tion** ~ Theme song: "*I'm trying to be like Jesus, I'm following in His ways.*"
Seek wisdom through prayer, the scriptures, and temple attendance.
4. **Simplifica – tion** ~ Theme song: "*You can make the pathway bright!*"
Prioritize your schedules, really declutter, and let the small stuff go!
5. **Organiza – tion** ~ Song: "*Saturday is a special day... so we can be ready for Sunday!*"
Plan it out, provide the tools, and delegate according to ability.
6. **Participa -- tion** ~ Theme Song: "*When we're helping we're happy, & we sing as we go!*"
Encourage cooperation with pleasant, patience, and persistence.
7. **Perspira – tion** ~ Song: "*Put your shoulder to the wheel push along ... let no one shirk!*"
Great results require great efforts, and are well worth it in the end.
8. **Celebra – tion** ~ Theme song: "*There is beauty all around when there's love at home.*"
When the work is done, enjoy small rewards together.

Remember the ancient Chinese proverb that teaches us wisdom in preparing our children for adulthood? Give a man a fish, you feed him for a day. Teach him how to fish, and he eats for life. I believe this applies to teaching skills by delegation in our ward callings, the work place, and more.

We're all busy with good endeavors. Elder M. Russell Ballard confides his own challenges:

Many people, including me, have difficulty finding the time for sufficient rest, exercise, and relaxation. We must schedule time on our daily calendars for those activities if we are to enjoy a healthy and balanced life. Good physical appearance enhances our dignity and self-respect.

As a participant in pageantry, I can also state that I don't think God intends us to be perfect, *physically*. Russell M. Nelson in an Ensign article titled "Perfection Pending" reminds us, with a smile, "**Men are that they might have joy - not guilt trips.**" (That means women too, right?) Guilt may have its place, if we need to repent, but unproductive guilt gradually chips away at us, on a physical, mental, emotional, and spiritual level. I can witness that it is one of Satan's greatest tools.

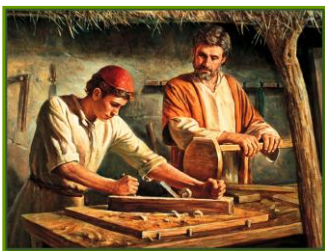
This earthly life was divinely designed to stretch us, at times, to our physical, emotional, and spiritual limits. Sometimes, we have to make very difficult decisions about the care of a family member with aging issues, mental illness, or a physical disability. First, we have a responsibility to give our honest efforts for our loved ones, however, your circumstances may require you to **delegate** some or all of their care from your home to professional care providers. This decision is truly heart-wrenching. For those who understand, no explanation is needed. For those who do not understand - no explanation is possible. No one **truly** knows what another person is going through at home, with their health, or otherwise. Thankfully, our loving Father in Heaven does. Elder Marvin J. Ashton offers a beautiful piece of advice about charity for each of us to consider:

Perhaps the greatest charity comes when we are kind to each other. When we don't judge or categorize someone else, when we simply give each other the benefit of the doubt or remain quiet.

Charity is accepting someone's differences, weaknesses, and shortcomings; having patience with someone who has let us down; or resisting the impulse to become offended when someone doesn't handle something the way we might have hoped.

Oh, what peace I felt when I heard the prophet of the Lord, President Gordon B. Hinckley, give you and me this loving and profound admonition:

Rise to the great potential within you. I do not ask that you reach beyond your capacity. I hope you will not nag yourselves with thoughts of failure. I hope you will not try to set goals far beyond your capacity to achieve. I hope you will simply do what you can do in the best way you know. If you do so, you will witness miracles come to pass.



In conclusion, Elder Neal A. Maxwell, with his brilliance and eloquence, taught us about work:

The gospel of work is a very important teaching of the church. If we learn to work early in our life we will be better individuals, better members of families, better neighbors, and better disciples of Jesus Christ, who Himself learned to work as a carpenter.

My dear sister, **how the Lord loves you, and your remarkable diligence**, but remember delegation is a gospel principle, too, and you are not to "do it all" nor "alone". The Lord offers a variety of helpful tools to be used with wisdom and gratitude, as we walk on this earthly path. In truth, my friend, you are never alone ... because angels are with you. **Take care! Love, Sister Elayne Pearson**

Recommended Resources

(Sisters, I own each of these books and highly recommend them to help guide you on your journey.)

Books:

Anderson, Nina and Peiper, Howard, *A.D.D., The Natural Approach*, Safe Goods, 1996.

Balch, James F. M.D., & Balch, Phyllis A. CNC, *Prescription for Nutritional Healing*, Avery, '00.

Colbert, Don, M.D., *The Bible Cure for ADD and Hyperactivity*, Siloam, 2001.

Colbert, Don, M.S., *The Seven Pillars of Health: The Natural Way to Better Health for Life*, Siloam, 2007.

Eyre, Linda J., *An Emotional First Aid Kit for Mothers*, Bookcraft, 1997.

Flynn, DeAnne, *The Time Starved Family*, Deseret Book, 2009.

Hinckley, Gordon B., *Standing for Something, Ten Neglected Virtues that will Heal our Hearts and Homes*, Times Book, 2000.

Jepson, Bryan, M.D. and Johnson, Jane, *Changing the Course of Autisms: A Scientific Approach for Parents and Physicians*, Sentient Publications, 2007.

Karren, Keith J. and Hundley, Sherrie A., *God's Special Children: Helping the Handicapped Achieve*, Horizon Publishing, 1978.

Larsen, Jo Ann, and Cole, Artemus, *Get Off the Best-Stressed List! Strategies for Simplifying Life*, Shadow Mountain. 2000.

Larson, Joan Mathews, Ph.D., *Depression-Free, Naturally*, Ballantine, 1999.

Okazaki, Chieko N., *Lighten up!*, Deseret Book, 1993.

Pearson, Elayne P., *Learning to Dance in the Rain: A Mother's Holistic Approach to Helping Her Child With Down Syndrome and Autism.*, www.elaynepearson.com

Tilton, Adelle Jameson, *The Everything Parent's Guide to Children with Autism*, Adams Media, 2004.

Tuttle, Carol, *Remembering Wholeness: A Personal Handbook for Thriving the 21st Century*, Writers Club

Article:

William, Marleen S., *Raising a Child with a Disability*, LDS Ensign/Liahona, October, 2004,

Websites:

www.thewinonline.com (This website called, The Woman's Information Network, was created primarily by LDS women to strengthen women and families all over the world.)

www.talkaboutcuringautism.org (This site is very informative to help weary and confused parents with children diagnosed on the autism spectrum be more educated and proactive.)

www.elaynepearson.com (My website has information about disability issues, stress management, various natural health resources, and inspirational material. It includes helpful links and books.)