

Extreme Self Care for High Achievers

What does it take to create a space for you to THRIVE?

- * What does it take to create a space for you to fully express yourself?
- * What does it take to create a space to fully be YOU at your best?

Sustainable success doesn't happen when we're running on fumes, gasping for oxygen and saying "YES" to absolutely everything with discernment.

Your self-care matters!

That's why we're making YOU a priority on this call in Momentum Mastery.

Tonight, we're exploring: EXTREME SELF-CARE for High Achievers

- * What it really takes to create a space for you to THRIVE!
- * Why SELF-CARE should be a MUST for you (if it isn't already!)
- * What happens when you ignore essential self-care practices.
- * Taking inventory of the single most important relationship in your life -- the ONE you have with yourself.
- * When and how to set critical boundaries in your life.
- * Make 3 commitments to up the ante on your self-care NOW.

**One way you were kind and loving to yourself last week?
(GROUP DISCUSSION)**

Mary

- 2 hour massage last night
- Going to bed early and sleeping in
- Only one coaching session on my birthday, taking the day off

IDEAS:

- Daily sauna and meditation.
- A couple of naps, two full days of NO WORK, stuck to a NO.
- Splurged on self for computer back up, deep breath hourly or more
- Eating really healthy, mostly vegan, exercising 3-4 days a week.
- Releasing on the Blackett Trail with a rigorous hike.
- Eating well...and accepting herself.
- 6 days at the gym, getting 8-9 hours of sleep consistently and one 11 hour night!!
- Two of her favorite yoga classes, gym and 3 lunches!
- Staying conscious and connected during the "wedding drama"!! (such a BIG one!)* Getting that "things aren't personal", seeking support
- Pulling herself off the dance floor for a little rest BEFORE her feet were super tired.
- Leaving child with mom, so she could attend 2 parties
- Partaking in his first Thai Massage - 1 1/2-2 hours!!! And, preparing for it intentionally, and continuing to support himself afterwards
- 3 days of Dance Camp...unplugged from all cell phones and computer!!!
- Rested, slept, did nothing after a full intense week at NSA conference
- Played and visited with friends throughout the weekend
- Consistently running...and not overly pushing herself the other day.
- Didn't go to dance class...gave herself space
- Leaving the alarm clock off
- Trip to California, after recognizing feeling "off" - tapped into her strengths and reclaimed "inner sassy" before going out in Venice.
- Not pushing herself
- Reaching out to Sherrie to support each other around "food", reading a new book, took a nap today!
- Went to bed by 10pm twice!! Permission to turn off work.
- Permission to NOT do anything on her to-do list.
- Reading "Ask and It Is Given" 1/2 way through.
- Claimed this year as "The Year of Laura" (and she means it!!) Going to bed early, eating healthy, up early, and has shed 1.2 pounds!
- Went ONE full week - NO SUGAR!!! After tasting the biscotti, is now committed to no white sugar through the end of January!!
- While under the weather treated herself to a facial mask, shaving, nails...and overall nurturing.
- Attended Mama Gena's School of Womanly Arts, embracing pleasure and FUN
 - * Naps, being responsive to the call of Spirit
 - * Allowing a more normal pace - trusting
 - * Accepting help - RECEIVING from others
 - * Feeling more human
 - * Forced relaxation post gall bladder surgery

SELF-CARE and Creating a SPACE for you to THRIVE

Why should we focus on SELF-CARE? (GROUP DISCUSSION)

- * we're taught that we shouldn't through religion, etc...to put self last

- * want to be our best
- * be more aligned with our soul
- * more bliss, joy
- * develop our gifts
- * best for others
- * because when we don't meet our own needs, we often give with "strings attached."
- * part of all healthy systems is the ebb and flow of work and rest
- * put things in perspective
- * to feel a sense of wholeness about oneself
- * not hunger for attention outside of oneself
- * feel more deserving
- * to be able to give more to others
- * higher energy vibration
- * stay in my power
- * life is easier
- * to love ourselves
- * to be happy and peaceful

Creating space for you to thrive.

Creating space for you to fully express yourself.

Creating space for you to fully be you at your best

- * foundation for everything we do -- to be fully available for others.
- * to give from a full, overflowing cup - vs an empty one.
- * to be 100% present for others
- * inspires wanting to do more for others
- * "I love myself so much. So I can love YOU so much. So YOU can love YOU so much. So YOU can start loving ME.." (great song)
- * the me that shows up has so much more love for kids/partner, etc
- * flow -- flows easier
- * it takes less psychic energy to do things
- * more loving
- * creates an amazing ripple
- * don't resent others when I give

What happens when you don't take care of yourself? (GROUP DISCUSSION)

- * victimhood
- * ego pops up more
- * neediness arises
- * life is a drag
- * complain
- * fights occur

- * burn-out
- * create/attract things you don't want in your life (get sick, car accident)
- * make mistakes
- * STINKY PILES
- * affect health
- * not being a participant in life
- * not at my best
- * not thinking clearly
- * ineffective and unproductive
- * depressed
- * self-sabotage
- * don't do as well professionally
- * not as solid
- * slight self -
- * pissed off
- * cranky - withdraw from others
- * gain weight
- * come late
- * Don't feel sexy or girly
- * Feel stressed
- * Don't handle things as well
- * Potentially hurt others
- * Low energy, not creative, spiral downwards
- * People treat to differently -- less respect -- impacts self-esteem
- * Like attracts like - we do more of the same

What is your relationship to you?? What do you love about you? What are you still working on loving about you? **(GROUP DISCUSSION) What is it for you??**

- * slavedriver and cheerleader
- * it depends...
- * intimate relationship -- focus on growing, improving, developing gifts
- * push too much
- * hard on self
- * self judgment
- * acceptance and bettering self
- * committed to growing
- * best friend and champion
- * THE DRIVER
- * most successful spiritual relationship -- responsible for own happiness
- * make taking care of self #1 priority
- * split personality - confident side and the "self-hatred" or "worst enemy" on other side
- * associated side (in the movie) and disassociated (in observer mode)

- * own best friend
- * solid - with "inner adult" -- need to cultivate the "inner mother" -- nurturing self more as she would like her mother to nurture her
- * It's "superficial"!! (a shocking revelation)
- * Judging a lot
- * Good to myself sometimes (doing things that she knows makes her happy like learning/growing) and sometimes "clueless" (i.e. don't exercise)
- * I'm my own best friend. My biggest champion. Enjoy my own company. A rich inner life.
- * ALL OF THE ABOVE...

When do you set aside time for self-care? (GROUP DISCUSSION)

- * all the time...
- * Schedule it
- * minimum threshold - 1/2 hour a day of activity
- * walks in the morning
- * MORNING
- * skiing in the winter
- * gardening
- * meditation
- * Monday and Saturday mornings
- * used to be first thing in the morning or late at night -- now it's more of a constant presence -- there are always little opportunities for self-care.
- * evening to play banjo for one hour
- * before noon philosophy -- fitness/yoga first
- * On Sundays - hanging out, reading, nesting, no people
- * In the past - AFTER everything else was done - taking the leftovers
- * Sundays for deep conditioning and body scrubbing

**Where do you say Yes, when it's really a "no" or
Where do you say Yes, when you want to say no, but want
something out of it.**

BOUNDARIES

What are the structures/boundaries that you have in place for you?

- * scheduling the important things...including naps
- * when someone's pain-body is activated...I leave
- * hike once a week
- * not away from home for more than 9 hours
- * screening calls
- * not taking clients before 8:30am
- * during the week, only one social event per day

- * friends/family can't call after 9pm
- * one night a week, home alone with husband
- * only one social event per week
- * Questions - Is this good for me? Is this the best choice for me?
- * 15 minute break at lunch to stretch and eat
- * not taking clients who walk in off the street
- * working out through tax season
- * have Tuesday/Thursday as workout evenings
- * not having boyfriend sleep over
- * not being around friends/family who gossip
- * no coaching past 6pm
- * no coaching on Fridays or Mondays
- * boundaries -- request others do something to

Mary's - phone calls, Mondays/Fridays, hours of coaching, negativity, raising voice, swearing (clients)

What does it mean to have a boundary?

Boundaries are imaginary lines that you draw around yourself to define the area that is necessary for you to fully express all of yourself. Without boundaries there is typically not enough room for you to grow, or at best, you are stifled.

Boundaries are about what others *cannot* do to you or around you, and how much what they do hinders your space. Boundaries are about the actions of others and those influences on you. We also create boundaries around TIME for our own well-being...to workout or meditate.

Key Points:

- * Boundaries help you define who you are and who you are not
- * You need boundaries in order to be, and to be you
- * You set boundaries by stopping your or others' behavior
- * You extend boundaries by having courage
- * You get the courage from being attentive to self

With Healthy Boundaries:

- * Fear diminishes significantly; trust is rarely an issue
- * Willing, healthy family members and true friends respect you more
- * You start growing more, emotionally and developmentally

With Weak Boundaries:

- * You attract needy, disrespectful people into your life
- * You waste a lot of energy to keep life going
- * There is often some urgent issue to be deal with now -- the source of the issue is often "personal space"

New Commitments around SELF CARE

What is your self-care space like? Do you have enough? Do you need to claim more?

CONSCIOUS COMMITMENTS:

1. Self Care Practices: Review the **Extreme Self-Care assessment** for lots of ways to care for yourself more deeply. Take the assessment. Pick one or two to start with...you don't need to do the entire list to feel well cared for.

- * Stress Elimination
- * Environment/Family
- * Pleasure
- * Health and Emotional Balance
- * Special Care Items
- * Support/Experts
- * Indigestion
- * Appearance
- * Sustainability
- * Daily Rituals

2. Identify THREE commitments you're ready to make around self-care.

3. Keep caring for the LEADER that lives in your home....that means YOU. You deserve it. Love yourself. Be kind. Set a boundary. Honor yourself. Love you...no matter what.