

00:00:00 Modern life keeps us pretty busy. Doesn't it? Between jobs, families, friendships, staying healthy, cleaning our houses, social media, Netflix, pandemic, side hustles, and anything else that keeps you on your toes. It can feel difficult to do all of that and still sleep. And yet, you know that you actually still want to improve your life.

00:00:19 If you're listening to this, it's probably because you love personal development and self-improvement, but I know that sometimes it's hard to implement it into your life. Let's be real. No one has a time to actually implement everything that could improve your life. I mean, the amount of beauty appointments alone that you could do could literally take up your entire life, then try adding in workouts and sleep and work and family and have a life.

00:00:42 Yeah. Right? No wonder if sometimes you like personal growth and making change, it feels very overwhelming. So here's the thing I want to show you that it doesn't have to be big. It doesn't have to be complicated, time consuming or expensive. There are simple things that you can do every day, any day you can do at once. Or you can do it every morning to make yourself and your life better.

00:01:02 Now, this episode, I designed it to be quick because I know you don't just have time to listen to me, give you a million ideas. You actually need to start including some of these in your day, every day. So instead of me just reading out a hundred ideas to you and as an extra bonus for you, I've put together the 50 best ways to improve your life in 30 minutes or less in a special download for you.

00:01:22 You're going to be able to find the link in the show notes. Of course, or you can go to [Lisa michaux.com](https://www.lisamichaux.com) forward slash improve your life. So you might be wondering why listen, well, here's my promise to you. Yup. I am going to share with you a few ideas that you can try out today, my friend, but instead of giving you just generic advice,

00:01:39 I'm actually sharing a few of my personal favorites and how I took an idea from the list that might sound simple or maybe not applicable. And I'm gonna teach you and show you how I made it, apply to me, my life, my family, my goals, and my dreams. Most importantly, I'm going to give you strategies to integrate empowerment into your life.

00:01:56 So you're gonna walk away with a new perspective and you're going to see that transformation doesn't have to be complicated. You can seriously improve yourself, your life and the quality of it in 30 minutes or less. Welcome to the Goalden Girls podcast, where we believe you can have it all. I'm your host, Lisa, Michelle, and I'm spilling tangible tips,

00:02:19 go getting strategies and real life stories to inspire you to tackle your biggest dreams. You're a woman who knows you're made for more, get ready to leave the excuses and self doubt behind by being vulnerable, sharing your truth and having honest conversations. So you can succeed on your terms together. We'll set goals. You'll actually achieve by staying motivated, having fun and building a community of women.

00:02:44 Empowering women is time to tap into your best self, get confident and truly have it all Goalden Girl. Let's dive in. Hello, Goalden Girl. I'm going to try and keep this episode of real quickie. I just want talk to about how to improve your life in 30 minutes or less. Over the years, I've worked with hundreds of busy women,

00:03:04 executives, entrepreneurs, leaders, and stayed home moms to help improve their lives. Even when they're feeling busy, overwhelmed, and stuck. I know, and I know this because I've also done it. And so it doesn't my clients that there are lots of things that we can do and you can do to significantly improve, prove and change your life. And less than 30 minutes,

00:03:22 I want to share them with you because I know that sometimes it feels overwhelming and it seems like you have no time. Episode is here to help you bust that myth. Before we get started, it is time for a listener. Shout out. Now I wish I knew who left this review. All right. No. Is that as an Apple ID number two,

00:03:38 four, five seven, nine, seven, and then more numbers. If this is you, I want to shout out to you basically, if you love me this review from the United States, thank you very much. So here's what the review says. Lisa is so energetic while being realistic about goals. She shares her ups, nouns and really lives what she's telling you.

00:03:55 No judgment and understanding that we're all different. Whether you're struggling to keep her goals or don't know where to start. This is a great podcast for you. So I really wish that I could thank you by your name, but whoever left this review, thank you so much. I really appreciate you listening. I appreciate all of you who are hearing my voice right this minute.

00:04:11 Now, if you're hearing me, I love for you to help me out and take your phone out of your pocket, to hit pause on me and go well podcasts. And if you're listening to somewhere else, you can go ahead and rate there too. But if you're on Apple podcasts, it would mean the world. If you could scroll down to the bottom and an a ratings and review hit,

00:04:28 write a review, you guys, I read all of them and they help us make sure that we get worried about this podcast out to more people. And of course, I would love to give you a shout out on the next episode. So please leave us a written review. Let us know your name. I am too. So I can actually say thank you to you and thank you to our friend from the United States who left that lovely review.

00:04:48 It truly makes my whole day. Alright, let's talk about improving your life. As we mentioned, I have actually put together a free PDF for you. It is the 50 ways that you can improve your life in less than 30 minutes a day. So go ahead, head to the show notes or go to Lisa, michelle.com forward slash improve your life and download that guide.

00:05:06 It is awesome. It's got a ton of ideas in there that you can use and start integrating right away. Let's talk about a problem. I see a lot, a lot of people spend time listening

and planning and learning all of the things and not enough time actually implementing and integrating, integrating here. My friend is Kia. I do not just want you to listen to this and then walk away.

00:05:29 Okay? So I'm going to share a few actual ideas and tips first. And then I'm going to talk about how you can integrate these things because that's, what's going to make you the difference. I know Einstein said, I think it was Einstein. I should have looked this up beforehand, but I think he said knowledge is power. And I actually disagree with that.

00:05:45 I believe that it's integration of knowledge and how you actually apply that to your life and use it. That makes a difference. So what can you do to improve your life in 30 minutes or less? There was a lot. I remember go get the free guide in the show notes, but here's a few of my personal favorites and how I took some of these,

00:06:01 which may sound generic or may sound really simple. But here's how I actually made them apply to me, to my life, my goals, my dreams, and how they've helped. Number one, you've heard me say this before, but are you actually doing it? That is the question here. Cause we're all about integration and all. What implantation.

00:06:18 Number one is plan your week, every single week. This is the single biggest thing that has changed my life in the last decade. I want you to take 30 minutes to review the week ahead and make time for what it is that you want. Whether it's something that you're achieving personally, professionally, something you're wanting to do with family or friends or your health.

00:06:36 If you keep saying, I want to go back to spin class, but I just haven't found the time. Spoiler alert. The time is not going to come find you, my friend, go into your calendar, go pick a class. You're going to take, sign up for it and make sure it's in your calendar, including the commute time and seriously,

00:06:51 get it in your calendar and make it happen. If you know that you and your partner haven't had a date night since maybe your kids were born, then make it happen. Put a dinner reservation in that calendar book, a babysitter while you plan your way, get ahead of those things. If you know, you've got a really busy week, if you know that your life keeps getting taken up with,

00:07:08 you know, urgent requests or life keeps getting in the way, well then buffer yourself some time, give that time and make time for what's most important. You're going to be surprised to find that you actually have more time than you think. If you plan ahead for it, if you give yourself those buffers, if you sit down and say, okay,

00:07:22 I'm going to book the babies. There's, I'm gonna put the classes. I'm going to get this meeting in my calendar. And I'm going to arm in a plan to take this night off, whatever that

is, that way you actually make time for what is important to you. Now, let's talk about how I actually do this and how I've taken it to the next level.

00:07:36 So like I said, I've been doing this for almost a decade now, something that I do consistently every single week. Sometimes I do it on a Friday afternoon at the end of the week. Sometimes I do it on a Sunday and nice to do it on a Monday morning. Here's the thing though. The next level here, what we've started doing is that Troy and I have started doing this together.

00:07:53 And before you think, wow, my husband or partner or kids they've my team would never do this. Let me tell you, this is literally taken me nine years to get him on board, but here we are. And it is awesome. Now it's great for both of us feel to sit down and say, here's what we've got going on here are the things and just make sure our schedules are aligned before we get into the chaos of the pickups and the drop offs and all the commitments that go on,

00:08:13 you know, maybe it'll take you nine years to, I hope it doesn't, but you can also do this with your team. You can do this with your kids. It's a chance to review your priorities, to get everybody aligned. And maybe it's everyone in your household, your roommates, whatever this is, this one simple thing is going to seriously change your life and change everything.

00:08:28 So here's what I'm gonna say again. This episode is all about implementing and integrating. So right here, hit pause, go into your calendar and set aside some time this week to try some of these things in the episode. So you pack, maybe you're going to put aside some time on the Friday afternoon, or maybe right after you listen to this episode,

00:08:44 you're going to sit down and plan the rest of your week. Maybe you're gonna put aside some time on Sunday night, like go do it. If you think that you can maybe do 10 minutes a day of something that you hear in this episode, then go put that time in there, do what you can and get started. Now that's Out here and pausing right here to Tyson.

00:09:02 What inspired me to do this episode was two things. First. I was recently asked to share some ideas to improve someone's life in 30 minutes, a day or less. And that really started to get my creativity flowing. Second Angleton Hills community. We've been talking a lot about routines morning routines, evening routines and transitions without our day. And we've been working very intentionally on how to create good routines.

00:09:23 We've been figuring out what routines work best and how he can become a high performance while also being entrepreneurs, moms, partners, leaders, friends, daughters, you know, all the roles in life that we play. The creativity from hat, improve your life in 30 minutes. And the focus on routines is what inspired me to create this episode because I know that it's possible.

00:09:41 So first of all, if you're listening and you're a member of Goalden Girls community, I love you. You're amazing. Go check out the masterclass all about routines for

success. And if you're not a member yet, don't worry. You can join. Next time. Probably registration is going to open in about January 20, 21. You can hop on the wait list.

00:09:55 I'll drop the link in the show notes. Lisa, michelle.com forward slash community. So I'm pointing this out because everything that I share in this episode, you can actually add to your routine. You can add something from to your morning to evening your weekly, your Monday routine, whatever that is. So just keep that in mind that this is all about creating routines and habits that allow you to be the person you want to be.

00:10:15 You already have a lot of routines in place. It's just a matter of being intentional for them. And to allow them to make you feel energized or calm, grateful, inspiring, whatever it is that it's going to take for you to get your All right, here's a few Or ideas that can help you improve your life and you can do them anytime and how I've integrated them.

00:10:35 So one of the things that you'll see in the PDF guide is the idea of surprising 1% a day, with a note, a gift, or a way to help them. You know, this might mean you reach out to a friend that you've been thinking about, but you haven't seen in a while, maybe you send out a text message. Maybe you send an email to a former mentor,

00:10:49 a colleague who made an impact in your life. Maybe you want to take a minute and share an article or a contact that might help your entrepreneurial friend. This is really just about taking a few moments every day to help make someone else's day brighter. And what I found that when I do this, it really does make my day and my life better too.

00:11:06 Let me give an example of this. When I first moved to Vancouver, I didn't know very many people at all and neither Troy or I worked in an office. So we weren't meeting people. So what things I did to grow my network is every day I would aim to help somebody or Connect someone else. So I would literally have a reminder, my calendar saying,

00:11:23 who will I help today? And how will I do this? So I might make help someone make a connection. I might share something that they've shared on social media or engage with them, or just try and find a way to help them with what they're trying to accomplish. When I meet with people at something I usually ask is what's something that I can do to help you.

00:11:37 What do you need right now? So that's something that really helped me expand my network and just help me help other people. And it felt really good. Now in my business, I bounced between a few different things. Some days I say, okay, what can I do today? That would, wow. One of my clients, what can I do today?

00:11:52 And I will then go and be, do something above and beyond to help them some days. It's what can I do today to show up for my team members and wow, them, maybe it's something you ask what your family, so those are examples of how you can do this and how

you can incorporate it in your life. There's a lot of ways that you can integrate this with an existing goal that you already have.

00:12:09 And I just shared with you, you know, these doing this has improved some of my friendships and improved. My network has improved my business, improve my relationship. Those are the kinds of things that you can do. So it doesn't have to be one more thing. You do. It can be a win-win if you integrated into an existing goal or purpose or something that you're already working on.

00:12:26 So that's how you can integrate surprising one person a day with a note, or helping make somebody else's day better. How you can make that feel less overwhelming and align it with something you're already doing. Here's another simple thing that you can do. It is a reflect at the end of the day. I know that sounds like, okay. Yeah, I die.

00:12:44 Everyone should be reflecting or like, Oh, but what does it actually do? Well, let me tell you, being able to ask yourself at the end of the day, what you appreciated about the day, what you learned, what you realize, how you can made the day better is what's going to allow you to focus on improvement every single day in little increments.

00:13:01 This might be an opportunity for you to celebrate any progress you made of what you're proud of. It's also a chance to let go of the negative, or remember that tomorrow is a fresh start. My friend. So I actually use this in my planner. I go through and I don't do it every night. If I'm being honest, which I love to,

00:13:17 I want to be, but probably four out of every seven nights a week, I at least write it down or do a mental check in and say, what worked well today? What's one thing that I could have improved was something that I learned, what am I celebrating today? And it's such a great way to, to wrap it up. Here's another thing that I've done with this.

00:13:34 My husband, not a super verbal person. We are pretty much opposites in this. I am chatty and he has not. And what I found in our relationship and in our marriage is that I felt like I wasn't getting the recognition or the verbal affirmation that I felt that I needed. So what we decided to do was that each night before bed really simply,

00:13:52 we will tell each other why we love each other that day. And it's a habit that we built probably over the last eight years, I'd say. And just a really good reminder. It brings us back to verbally appreciate each other because otherwise, I don't know if we would necessarily do it. And it also helps us to look like all day, cause all day long,

00:14:09 I'm looking for reasons to love him. And he's looking for reasons to love me too. Some days like we even will have moments midday and we're like, huh, that's why I love you today. That's why I love you. This is so great. And this is, again, this isn't about the act of reflection itself because that's not what it's about.

00:14:23 It's about in this case, strengthening our relationship. And I always say like, we're putting compliments in the love bank, so to speak, which I know sounds super cheesy and weird, but, but it's true. Like we need to, we need to actually put these moments into our relationship. And for me, I found that if we weren't doing it intentionally,

00:14:41 we didn't make it a part of our day. If it wasn't a part of our reflection, it wasn't happening as often as I wanted it to be. So I share that because I want you to think about how your reflection, how you reflect at the end of day, how that can strengthen what's already going on or compliment what matters most to you.

00:14:55 Maybe you look at it when you do this with your whole family, because you guys are, maybe don't have as much time as you wish you had, maybe something you do with your team that you're reflecting as a team. What's one thing that someone did really great today. And you guys can celebrate that. There's lots of different ways to integrate this,

00:15:09 but reflecting and celebrating and appreciating, letting go of the negative, remembering that today is a fresh start. Tomorrow is a fresh start that really can allow you to improve your life very simply. And it just takes a few minutes a day. Let's talk fun. Now. I really think that there just isn't enough fun in most of our days, that naturally happens.

00:15:28 We have to be intentional about infusing the joy and infusing the fun into our days. So one of my favorite things to do is to have a five minute dance party. You guys know we all have these songs. One that you can't help a tap your feet, move your body and smile when you hear it. So I'm gonna encourage you to play a fun song every day and just dance it out.

00:15:46 Break a sweat, have a smile, have a laugh. And I often do this before I record these podcast episodes and I have to sit down for like a minute so I can catch my breath. So that's, that's one of the ways that I actually integrate this is by having a little dance party before I record every episode. But I do this in other ways,

00:16:01 too, when I'm having a hard time with my toddler, it's a challenging day. I will turn on music and we will dance it out and let it out. I do this with my team. If we have been sitting for too long in meetings, if I'm with clients and things are just feeling so heavy and we need to remember to keep things light because life is life is too short,

00:16:17 right? We do it in Goalden Girls community. On our productivity days, we did it in Goalden Girls mastermind. We do it in live workshops. We literally get up and we move our bodies. Life is short. Like if I really believe that you have to shake your booty every chance he can. I, one of the things that you can do to make this really simple and easy is create some playlists.

00:16:35 So I actually have a playlist. It's all my daughter's favorite songs. Of course, all the Disney stuff, all that that we listened to and we're dancing with her. And then I also have a

playlist for myself, the songs that I can't help, but move to ones that I absolutely love shake my booty too. Then I have it ready and I can hit go any time.

00:16:52 So go ahead. This is something that you can do right now this week. Find yourself a playlist that you love, create a playlist. It gets you moving. Just add a few songs to it. And then maybe you decide that you're going to listen to it before every a certain meeting or maybe every morning when you're getting ready and use that music to help move you and get you into energy for what you need.

00:17:10 Maybe it's a playlist. You listen to on your commute to work, whatever that is, have a dance party, move your body, get yourself moving, how fun. And if you use the joint in your life, cause my gosh, life is short. Make the most of it, basically just to shake your booty. That's what that's about. Okay.

00:17:26 Now let's talk about the most controversial idea on this list. It is cold showering and I know what you're thinking. Heck no, Lisa, no, no, no, no, no, no. And let me tell you, this was me. My husband used to be appalled because my showers were so hot. Like he literally couldn't stand it. He would even complain about how hot my showers were and couldn't even be in the same bathroom at the same time,

00:17:47 because it was so steamy and hot. Then about a year and a half ago, I had a friend tell me how great she was feeling after cold swimming. I thought, Hmm. Okay. Maybe I should give it a try. And I am addicted has been about a year and a half now. I love it. Every time I have a cold shower,

00:18:03 every time I have a shower, I end with a cold shower. So I start warm and then I end cold. Now here's a few little tips about how you could actually do this and make it easier because if you're a hot shower lover like me and I know a lot of you out there are. Cause every time I mentioned this, you guys all roll your eyes at me or you're like,

00:18:18 heck no, that's, that's not me. Here's a few tips that helped me integrate this into my life. That can help you out too. And this is something that literally will, will take you only like 15 seconds a day. So don't tell me they don't have time for this to at least give it a try. Okay. Here's a couple tips.

00:18:32 So number one, really easy to start when you're already hot. So if you've done a workout or it's summertime, or maybe, you know, that point when you're in the shower or the bath when you're starting to sweat, or maybe if you have a hot tub, if you're lucky enough to have one, maybe after the hot tub. So you want to start when you're already feeling hot and then just any cold.

00:18:50 So go as cold as you can and start small, start with 10 seconds. And just literally that guy's just like three breaths in and out. That's all that is. You can do that. Start with 18



seconds, go up to 25, go up to 35 and work your way up. And I'm at about a minute or so. I maybe try a little longer.

00:19:09 Depends on how it goes, but I aim for a minute every single time. Now here's a little trick that most people don't talk about and it is to then pause afterwards. So dry yourself off and then just go sit and soak it up. Let yourself, see how good this feels on your body. See how it is. I have found that if I don't do this,

00:19:27 so if I just do a cold shower and I dry myself off, and then I go right into the rest of my routine. So for example, you know, moisturize and deodorant and hair makeup, whatever, it doesn't always feel as it still feels good, but I don't get to soak it all up. So that's why I say, let yourself actually feel how good your body feels.

00:19:42 Because I think that is one of the biggest motivations is when you get the feedback, you're like you get that positive reinforcement of how good something feels, then you're more likely to do it. So soak it up and what you're going to do again, start when you're already hot start 15 seconds and then work your way up and let yourself feel how good it is.

00:20:00 And slowly increase your time and notice like, what are the things that you're saying to yourself? If you're saying things like you can't do this, this is too cold, blah, blah, shift that and say, do some positive self talk here. This is again, it's about improvement. And when you can do it in one area of life, you're going to do,

00:20:13 you can do it in another. So literally time. And I do this to myself. I'm like, you can do this. You're strong. Or that I even say, this is one of the hardest things you're going to do all day, or this is so good for your immune system is so good for your body. Pay attention to how you can motivate yourself.

00:20:27 Cause if you could do it there, you can then apply that in different areas too. Now, if you're wondering, why, why would you even do this? Why would you do this to yourself? Why would I do this to myself? There's I, for me, it was that I wanted more energy and there, I mean, there's a lot of research.

00:20:41 Go ahead and Google this improved immune system, better sleep, improved circulation, better muscle, better skin, shiny hair. Like there's a lot of benefits that are still being discovered all the time. But for me, the biggest motivation of all it's not the research is not the scientific benefits. It has come all, come down to how good I feel afterwards.

00:21:01 And I feel incredible. And that is what drives me to do it again and again and again, pretty much every day. So that kind of brings me back to my last tip here, which is to make it enjoyable. And guys, this is like goes for anything. But I know if you are, if you're in the Vancouver area, which in a lot of you guys are,

00:21:19 or if you're in Quebec, both in Whistler and Quebec, there's a place called the Scandinavia spa and the pro it's a bunch of hot tubs and saunas and then cold pools. And what they teach you to do is to do 15 minutes of hot and then a minute of cold and then 15 minutes of sitting quietly. And you rotate through that, you know,

00:21:34 three or more times if you want to. So not all of us, obviously you can go to the spa every day, every week, maybe even every year. So I recreate this at home and I'm trying to do it once a week and even more, if I can, here's what I do to recreate this. I make it really enjoyable and really delicious.

00:21:51 I turn on some spa music. So literally go look up, you can call it like a new age or a meditation playlist on your Spotify or your Amazon music. I make myself tea, I have a hot bath for 15 or 20 minutes. I get myself like sweating hot. And then I end with a super cold rents for a minute. Then I leave the bath.

00:22:09 I tell myself dry and I go sit and either my towel or a nice fluffy bathroom, which is the best with the spot music and the tea. And I sit, I sit for 15, 20 minutes. Sometimes I read, sometimes I journal most of the time. I literally just sit and soak it up and it feels amazing depending on how much time I have,

00:22:26 I might do that rotation one, two, three times. And it just feels incredible. This is such a good way to do the at-home experience. And when you do this, when you make it enjoyable, what it has done for me, and this is again with anything, it, then I feel the benefits. And then I create a positive reinforcement.

00:22:43 I make, I create my clothes, my habit loop with a reward. It makes me want to do it more and more often. So that is a why I cold shower, how I called shower, how you can cold shower and how you can actually make it enjoyable. I know that one is controversial. Not every to try it, but if you believe that to get something different in your life,

00:23:02 you have to try something different. I highly recommend you just get, get courageous step into that bold part of you and go try it. And literally you can start with just 15 seconds. So you've all got time for that. Give it a try and please pay attention to what I just said. You know, around how to do this, make it easy,

00:23:20 start small, do it often and make it enjoyable. If you can, you can apply that to any habit, any tip that I'm about to share. So keep that in mind. All right. I want to end off this little couple ideas with the one tip that I struggle with the most, and that is putting my phone away. I know that this is hard.

00:23:38 This is super hard. I think, especially with family expectations, demanding careers and just the air that it feels like we're living. So here's a couple of tips and how I've been

trying to do this more often. So choose a time of day that it makes the most sense for you and then set a timer. You can literally put your phone in the other room and just be present.

00:23:57        Maybe what you want to do is let yourself fully watch a TV show without scrolling social media. Let's be honest. How often do we even do that? It's so simple. Maybe it's putting away your phone while you're playing with your children. Maybe it's enjoying passionate, enjoying your meals without the notifications. And if you want to take us to the next level,

00:24:14        what you can do is leave your phone at home before you go for a walk out for a meal or run an errand and he will survive. I promise that one's this one's hard to do. So I'm going to be honest. This is one that I definitely struggle with. I have started trying to more often leave my phone at home, very hard to do,

00:24:29        but I do it when I'm home with Sonoma, I will put my phone in the room and set a timer and knowing I can go back to the sounds so horrible. I can't believe I'm saying this, but I'm going to say it to you knowing that I can go back to it after like 30 minutes or whatever the timer is, makes a big difference.

00:24:44        And it's very, I think it's ironic that I think as parents, we spend so much time focusing and worrying about our kids screen time. And if I'm being honest, it's probably my screen time that needs the most help and needs most attention. That's probably making the biggest impact, unfortunately. So that's why this is one that I wanted to add in to be real with you.

00:25:00        And we're going to also think is gonna make a huge difference. Now here's something that's actually helped me this year. I just recently put a bedtime limit on my phone. So I cannot use any of my apps except for my sleep tracker, between 10:00 PM and 7:00 AM. And that's actually made a huge difference that something that's really worked for me. I probably ain't even gonna extend those hours.

00:25:19        So that's one little thing that you can do play around with this. Again, this is, I'm not giving you these things to say like, this is exactly what you need to do, or you have to do it this way. I wanted to give you these ideas to get you inspired and get you thinking. So there you go. There is six ideas.

00:25:35        I know I'm biased, but I love those ideas. But do you see how big change it doesn't have to be super complicated or time consuming? One more important thing. I want to call out here. And it is that I didn't do all of these overnight. It's been almost a decade of growth and testing and learning to figure out what works and what I need and giving myself permission to let these evolve as my life has changed to now,

00:25:58        that was just six ideas. Now it's your turn. Go ahead and get the 50 crates. Alvin permanent ideas guide in the show notes, or [@leastbeshow.com](https://atleastbeshow.com) forward slash improve your life.

Don't try to do them all at once. Don't try and do them all every single day. That's just going to lead to overwhelm. Remember this too. You're not stuck to just my ideas.

00:26:16 I wanted to give you a start because the main thing is getting started. Feel free to add these ideas in the guide. Feel free to create your own. Now that you've heard how I've applied these to my life. I hope that it inspires you to create an add more ideas because it is your life. You are in charge. Here's the most important thing.

00:26:35 I don't want you to just listen to this episode. I don't want you to just download the free guide we've created and have that sit in your inbox. I want you to take action. I want you to integrate these things into your life. Here's a few tips and how on how you can integrate these things. Number one, build it into your weekly planning.

00:26:52 Haha. You knew I was going to say this right? Put aside some time when you sit down to plan your week, also put aside 30 minutes, whatever you can do, maybe it's 10 minutes, three to five times a week and pick a few things off this list to get started. Maybe just pick one thing and you're gonna make time to do a daily or maybe pick one thing and you're going to make sure you commit to doing it weekly.

00:27:12 Keep it simple, but just get started and build this into your calendar. And PS, if you are not already planning your weeks, maybe start there is going to make a really big difference for you. Hint, hint, hint. Here's another tip megaphone. You guys know I'm a big fan of fun, keeping it light. So make it a surprise.

00:27:29 What you can do is actually take the PDF guide and cut up all 50 ideas, cut them into strips, you know, throw your own ideas on there too. If you want to and put them in a jar, roll them up, put them in a jar and every day, pick one out. There's an idea you could do one of those things every day.

00:27:44 That's a way to have fun, make it surprising and improve your life every single day. How let's talk about routines. Cause I know a lot of you guys have been thinking about this. You've been wanting to get more intentional, especially through this year of 2020. When so many things seem inconsistent and things are changing. One of things you can control are your routines and routine is all about giving yourself what you need in the moment and setting yourself up for what's next.

00:28:10 There we may be talking about daily routines, weekly routines, morning routines, evening routines mealtimes, you know, before or after workouts, whatever that is. I want you to think about your routine, how you can incorporate these things in. So if you think about your routine in the morning, this might be about getting yourself ready to get the kids out and out the door and maybe starting your Workday in the evening.

00:28:29 It's probably around maybe winding yourself down and getting ready for sleep. Or maybe for setting yourself up for the morning by preparing your food or getting your workout clothes set up. So as you look at this, as you listen into this episode, as you look at the PDF guide that we created for you consider what things would be great to add to my morning routine or my eating routine would adding a stretch before bed.

00:28:50 Would that help you relax? Or would it be an awesome way to get you going in the morning would writing a thank you note each morning, allow you to grow your network or to feel gratitude, appreciation in your life. So you can use your existing routines and add in any one of these ideas or your own into what you're already doing. Okay.

00:29:09 Another way that you can integrate this is to think about building one or two of these things on top of an habit that you already have established. For example, could you plan your day in the morning and identify the top three priorities? Say for the day, while you're also drinking your coffee, instead of scrolling on social media, just an idea. Could you end your shower with a one minute cold burst?

00:29:27 Haha. You knew I was going to say that to you, right? So that remember that is one thing that has changed a lot for me made me feel so much better. Maybe when you're taking the train to work, you take five minutes to send out a few messages, someone each day when you get on the train. So it doesn't have to be big things.

00:29:41 Think about a habit or something you're already doing and just stack or attach one little thing that could improve your life to it every day. Now, if you're listening to this and all this feels overwhelming, go back to this and that is the two minute rule. Pick something and go for just two minutes, set a timer and tidy a space for two minutes.

00:30:00 Write down everything you're grateful for. For two minutes, read two pages in a book, move your body for two minutes, go walk for two minutes. Just get started. This is a really good way to get in the habit of well a habit. Get in the habit of making time for you and taking time for you. So you can step into the better version of you.

00:30:17 If you can do two minutes, then eventually you can do five and then you can do 10 and then you can do more. But just start with the two minute rule. Don't make it overwhelming. Keep it simple and just get started. All right. You just heard me share with you. If you ideas that you can try out Ted day and I didn't just give you generic things like gratitude and journal.

00:30:34 I shared a few of my personal favorite tips from the PDF guide and how I made it apply to me, my life, my goals, my family, my dreams. You even heard how they can and have evolved over time. What I want for you to do now is to look at the list. So go download it, listen to what I shared and make these ideas,

00:30:53 yours colon girl. What my hope is for you from this episode is this. I hope that it inspires you to come up with your own ideas and ways that these simple hacks and tips that they can work for you in your life. And I hope that it jumpstarts you to integrate so seriously. Now it's time to go integrate improvement into your life so that you can get started because once you get started,

00:31:15 you're going to see that transformation doesn't have to be complicated and you seriously can improve your life with 30 minutes a day or less. Don't do this. Don't just listen to this and let this be the end. Let this be the beginning set aside three 30 minute blocks for you this week set aside two minutes a day. If that's that's all you can do that works better for you.

00:31:35 Small incremental changes. That's what this is about. It's about habits that that's what allows you to create lasting change and transformation. Just get started. Don't let yourself keep feeling overwhelmed, stuck or underperforming. You know, you're meant for more. Your life is not designed to pass you by. You are in charge. Now, go take control and make the most of it.

00:31:56 I know you've got ambitions and you have a lot of potential within you and you need to feel good so you can do good things for yourself and for those around you, but it starts with you. It starts with you feeling great and making the tweaks and improvement to get that way. So Goalden Girl, go start today, start small, keep it simple and make it fun.

00:32:16 Vague. Self-improvement a part of who you are every day. Thank you so much for listening is something spoke to you. Send me a message by sharing this episode and tagging me on social media. If you know someone who loved to hear this episode, please share it with them to his, I love surprises. Make sure you subscribe to the Goalden Girls podcast today.

00:32:38 It's the only to find out about Bonus surprise episodes and make sure you don't miss a single beat on your golden journey. Thanks again for listening. And I will talk to you in the next episode of the Goalden Girls podcast.