

00:00:00 I know your secret. If your relationship with time has own Facebook status, it would say it's complicated. Now, I'm not singling you out here and I'm certainly not here to pick on you or judge you. This is just the truth for all of us. All of us are in complicated relationships, with time only made more complicated because it evolves and changes over time. Stay tuned. Because in this episode, we're diving into the mindset shifts you can make to create more time in your life. We're also gonna uncover the limiting beliefs you have so you can change him to have less stress and get the success you truly want.

00:00:37 Buckle up because we're gonna uncover the stories that you are telling yourself. And believe me when I say these are stories you're telling yourself that are leaving you overwhelmed, rushed, busy and feeling like you don't have enough time, I'm gonna teach you and make it so that you can never use the excuse that you have no time again. And trust me, you're gonna be a changed woman for it. Together, we're gonna write news stories that allow you to take charge of your time your energy, your life, your success and most of all, your dreams.

00:01:05 Oh, and believe me, we're gonna change that relationship status that you have with time to in an open relationship. Open minded. That is Okay. Welcome to the Goalden Girls podcast where we believe you can have it all. I'm your host, Lisa Me show. And I'm spilling tangible tips, gold 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.

00:01:43 Together we'll set goals you'll actually achieve by staying motivated, having fun and building a community of women empowering women. It's time to tap into your best self, get confident and truly have it all. Goalden girl. Let's dive in. Hey there, guys. Lisa here. Thank you so much for joining for another episode of Goalden Girls podcast in this episode, we're talking about the mindset shifts You can have to uncover and create more time and less stress in your life. Who is not interested in that I don't know.

00:02:17 Before we dive in, I want to do a listener Shout out And this is taken from the reviews in apple podcast. So if you wanna have a shout out, make sure you leave her view today I want to say thank you so much to it just flows. Here is what she has to say authentic, refreshing and wise. Lisa's energy, authenticity and wisdom will give you a fresh perspective. Grace, encouragement, impractical tools to move the needle forward on living your best life. Thank you. Thank you.

00:02:45 From the bottom of my heart. Thank you for listening. Thank you for taking the time to lever of you and for sharing this episode. You have no idea how much this means to me. You know, this is all about time management and this whole Series three part series, By the way. The last episode Episode seven this one Episode eight In the next one Episode nine All

Around Time Because I know that's something that you struggle with. And heck is something that I struggle with too. And I'll share lots of my stories during this episode as well.

00:03:12 But I want to say that because I know your time. It feels like there's never enough. It means so much to me that you spend your precious time listening to this podcast that you spend it and you know you're sharing it with your friends and your co workers and your team members and your families, and I just it is the best feeling ever. So thank you. And thank you for making the time for those of you guys that have gone above and beyond and letter of you it seriously, just I just want to hug you from over here.

00:03:38 So thank you from the bottom. My heart if you haven't yet letter of you. Please, friend, take out your phone right now. Make sure you hit, subscribe and follow along on whatever platform you're listening on and some serious bonus points. If you can scroll to the bottom and leave an honest written review that would absolutely make my day unless it's a mean review. If he has really mean to say maybe just keep that phone in your pocket right where it is, All right, let's dive in and talk about time and mindset and beliefs.

00:04:06 I know that you believe you have no time, and you may believe that you have no control over it. Now, I don't know your exact situation, so you might be over there like, Well, Lisa, but you don't know my boss or you don't know my business or you don't know my kids and my partner or the family situation and you're right, I don't. But I do know this. I do know that there is a lot missing from the conversation on time management that it is. It's a relationship.

00:04:30 And just like any other relationship, we bring baggage to it. And again, I'm not here to judge you on your baggage. I got mine to believe me, but I know this that the experts, the books, the hacks, the tactics, strategies that's not enough to fix a complicated relationship. When it comes to time. Management is a factor of a lot of things, and that's why this Siri's right here right now on Goalden Rose Podcast matters, and it's so different, and that's why I'm so freaking excited about it.

00:04:56 By the way, time is a factor of so many things, the season of light, that you're in your goals, your capacity And in that suitcase, that bag you say bringing along is your mind set your fears, your limiting beliefs and so much more. In this episode, we're diving into the mindset shifts you could make to create more time. We're gonna uncover those limiting beliefs like we're gonna unpack that suitcase, that baggage, and they're going to change it and potentially put things in that allow you to have a life with less stress, more time, freedom.

00:05:26 So you have the success you want before I go any further. Really? Before you go any further, make sure you listen to Episode seven in Episode seven I talk about the four big picture questions to ask yourself an answer before you try any other time management technique, Please promise me this. Go back and listen to that episode because that is where we start. That is where we figure out what destination we're going to. So you know what to pack in

that baggage. Okay, by the way, this suitcase analogy just coming to me as I'm ready as I'm speaking this so, uh, hopefully I can follow it through all the way through the episode.

00:06:01 Okay, So why are hacks and strategies and tips. Not enough, Well, because the reality is that your success depends about 20% on strategy and 80% of mindset. So anything that teaches you just strategy, I mean, strategies. Good strategy helps. But I've said this before. Mindset. Eat your strategy for freaking breakfast mindset is where we need to focus on, not the tools, not the tactics. And that's why I'm so pumped for this episode, because that's what it's about. What about the things you do each and every day we'll 45% of what you do is have it literally half of what you do in a given day.

00:06:37 Ah, week. A month is automatic. So if you want to make a change, if you want to have time to go to the gym or to sleep more or to have a cup of tea and sit and quiet at the end of the day, we're gonna have to look at your mindset and your habits. I think you'll get me when I say this. We all know that, like the strategy to get to the gym, the strategy is easy. You put your shoes on and you drive to the gym and you get out and you go.

00:07:02 The strategy to have a cup of tea and sit on your couch is not hard. You boil the water, you put a tea bag in the cup, you get hot water and you sit your butt on the couch like it's not hard. The strategy is not the problem. The problem is your mind set the challenges, your mindset and your habits, and that's what we have to shift. So that's what we're doing in this episode. Somebody share with you guys. The re perspective shifts to help you create more time and less dress.

00:07:26 And then we're gonna dive right into that baggage that suitcase and talk about your vines that in your beliefs, I'm gonna give you two questions to help you uncover any limiting beliefs and understand how they might be creating negative time habits. We'll also talk about how to shift those, and I'll give you some references and some tools there, too. In the next episode Episode nine, we are gonna talk about strategies and tips you can implement so you can put successful habits in place for you, your life and your goals.

00:07:53 So today all about mindset. Let's start with the story, huh? So I had my kid had to Nova, and for 20 months I ran my business with the scraps of time that I had. We had no child care. My husband works away for two weeks at a time and for two weeks is at home. So for two weeks, I'm a soul apparent. It's just me. I hustled during nap time like I'd put her down and rush up to my office, which, by the way, I'm doing that today.

00:08:18 But it's okay, Um, I got up early and I would work until cinema woke up. When she went to bed, I would rush up to my office and keep working. It is really fair to say, even now, looking back that I didn't have a lot of time. My to do list pretty much every week went incomplete, and I just lusted for more time. I thought that when we get child care, everything would change. I was like, Look out world. I mean have all this free time.

00:08:43 I'm gonna go to yoga, have a nap, maybe do five podcast episodes a week. My take on new clients and speaking engagements and all of the things, huh? Spoiler alert. It didn't happen. Yes, some great things happen in my life. And I will talk about that. I'm gonna do a your interview episode. I'll talk about how I definitely needed to catch healthcare sooner. So it did change my life in a lot of ways. But let me tell you what. It didn't D'oh!

00:09:07 I didn't suddenly feel like I had all this time, in fact. Oh, I didn't really I didn't get much more done than I was doing before. Some days I look back and I looked back and was like, What did I even do today? Oh, my gosh. Like a literally peed away. The time it didn't suddenly allow me to have all this freedom. I didn't suddenly feel like I had time to go to yoga class midday or have a nap. None of those things happen. That is what made me realize that it is so much more than time management.

00:09:36 And simply having more time isn't always the answer. Well, maybe you can't relate to my childcare story, but let me ask you this. Have you ever said the next few weeks are busy and then things will settle down only two. Then never have those things. Calm down, like ever. Yeah, I know you have. I know you're shaking your head. I know you're not in your head here. You're with me. Me too. That's how I know that it's not about just more time.

00:10:03 It's also think we wait for and we're not victims of our circumstance or our time. You and I were in charge, my friend, and until we take charge, we're going to be on a hamster wheel. And I learned this from feeling like I had no time when cinema was at home with me all the time to even her being in daycare. I still felt like I was had no time. I was still on that hamster wheel. That's what really caused me toe to jump back and think and say, Okay, there's gotta be a better way.

00:10:28 There's gotta be different way and really evaluate my mindset. And so that's what I'm gonna share with you guys today, and all three of these time management episodes is what I've learned. And what's help me is that I hope it can help you, too. Now let's talk about the three perspective ships to make the 1st 1 You've probably heard this before, but it's worth repeating. Stop saying I don't have time or I haven't quote found time like Get over that. Who? William Penn says that Time is what we want most but what we use worst.

00:10:57 Can I get an amen on that one? Do me a favor. Look at the amount of screen time you spent on your phone over the last week. How much time are you spending a day? My guess I'm gonna get at least two or more hours for me. A full disclosure here. I've got my hand over my heart here. I'm horrified that sometimes it is like, 45 or six hours on my phone. I literally get appeal has got punched because sometimes I've got notifications to say Congratulations. You were just a screen time by 20% toe.

00:11:27 Only four hours in 20 minutes a day. Oh, that makes me want to cry. Just saying this is embarrassed hearing it out loud. But I know that I'm not the only one. I also know that some of things that I'm on my phone. It matters. I'm connecting with my partner. When he's

away, I'm connecting with you guys. But my business is on there. I'm listening to music or podcast. I'm using Google Maps to get around the city. I am. I'm Googling What the best pizza is to pick up from him.

00:11:52 Honey, like those are important things. But I'd be lying if I said that all of that for five or six hours. My phone is how I want to spend my time. Can you relate to this too? Now, this isn't about perfection. I'm not here to judge you. I slipped backwards, too. Again. These episodes here just to help you get jump started here. So I want you to think about time instead of thinking that you don't have any or that you're not in control of it.

00:12:15 I want you to take charge and I want you to realize that it's the most valuable currency you have and how you spend it is the most important thing. Let me give you another example. Here. This, like I don't have time or I can't find the time. If you had an emergency, you would find a way. If right now your basement flooded, you would find a way you would. You would clear out your calendar and make the space for it. You would perhaps take time off work if you needed to.

00:12:42 Or you would say no to the fancy cupcakes for the bake sale. Or you would call your friends over and be late. Come on over and help me. We gotta get the spaceman flooded like you make it happen. And that is proof. You know, this is an exact proof that you are in charge of your time and yeah, you can always call in sick to work every you know, every single day because you want to have a nap. But if you had to, you would find a way.

00:13:06 So I want you to raise the level of necessity that you have here around your time and no, whatever your goal is, whatever is super important to you, whether that is getting more arrests, whether that is feeling more connected to your partner with that is finishing your screenplay starting your side hustle, doing your travel, whatever that is. Raise the necessity and act like it's an emergency, because if it is an emergency, you will find a way and you will make it happen. Okay, second, refrain here.

00:13:31 I want you to think about your time as energy and imagine what's the best way to spend it now. I talked in the last episode of Love It About this, but I want to just bring it up again. How do you want to feel like you think about that? Remember, it's all about how you want to feel none of the goals. None of the, um, accolades or awards. They don't matter if you don't feel the way you want to be feeling. You don't feel energized or like you're making impact or valued.

00:13:58 That was, it won't really matter. Now let's talk about energy here. You only have so much of it. Research shows that you're really only at your peak mentally, for about 5 to 6 hours a day, and we could talk about the history of the 40 hour workweek. But basically it's just a lot of bull crap. Um, most of us can't like our productivity actually declines. The longer we work, we get slower and slower and slower, and it's diminishing returns. This might be a little bit different than you are.

00:14:26 But you cannot do eight hours or 12 hours or 16 hours of intense brain work every single day, all day. You just can't. So what I want you to do is think about when do you work best and when is your mind the freshest? And this might be different. Some of you guys might be morning people, and that's your best time. So we might be afternoon. Some of you might be evening. Ask yourself this. If I only get five hours of work or real intense thinking, what would I spend it on?

00:14:52 Where do I start and when do I do it? To give it my best? This is something that I've been thinking about. When I sit down for my desk at my desk to do my work, I think, okay, but I've only got five hours. What is stuff that's most important? And that means that I say awful how to social media and and getting into sucked into scrolling, and I dive right into creating two scripting, too, coming on here and actually talking to you guys through this podcast and doing lives like that and creating content for my community like that is what it's all about.

00:15:22 That is where my genius is. So if I only got five or six hours a day, I gotta spend it doing that because trust me, I could spend it all doing heading or other things that I'm not as good at. And then at the end of may, be too tired for the things that really matter. So I want you to reframe your time management to energy management and consider how do you want to feel and what's the best way and to spend your time to feel that way?

00:15:43 How can you spend if you only got five or six hours of brilliant time? How can you spend that today?

00:15:49 That's most important. Where do you want to give your best to? So a part of me really wants to swear on this next one.

00:15:55 But I put a pole out and you guys were like, Wow, most of you said it was okay to swear.

00:15:58 But I know there's a view of you. They don't love it. So I'm gonna just not swear here now until I get over a little bit more of this people pleasing.

00:16:04 And maybe one day I'll get there. But in case you got kids in the room were still okay, Uh, MacInnes wear for this one.

00:16:10 But the number three I want you to get intentional a f for those guys. I don't know what that is.

00:16:16 Ask you teenage kids or Google at what half is and I know it doesn't sound as impactful, but just bear with me here.

00:16:21 I want you to get intentional a f. Stephen Covey. I love this quote. He says the key is not spending time, but in investing it.

00:16:30 I love this because I want you to think about your time so that you invested in what is most important has value to you.

00:16:37 Now that's gonna be different to you than it is to me. And that's okay, because we're all gonna invest in different things.

00:16:42 And that's why this is another reason so many reasons why just tips, strategies, tactics don't matter. And don't make the difference for everybody because we all have different values we're all gonna want, invest in different places, choose your goals, choose how you want to feel, and then you can invest your time based on that.

00:17:01 Now this relates to an important shift that I want you to make. I think most of us are pretty good about the work you know about going to work and having it to do list and maybe even setting timers and working through that time.

00:17:17 But it's our personal time that I don't think we're is intentional about. And I want to refrain that because I believe that you need to be.

00:17:23 Justin is intentional with your personal time, as you do with your work time. One of the most common reasons I have women joining one of my programs, my Goalden Girls Mastermind or Goalden Girls Community, or working me through one on one.

00:17:36 It's because they want better balance, you know, work, life, personal family time, all the things the reality is.

00:17:43 And this is again why strategies and tactics aren't enough. If you actually looked at the time and time studies, by the way, have proven this.

00:17:50 Most people think that they sleep last, but most people extra sleep about eight hours a night. Most people think they work 60 or 70 hours a week at most.

00:17:56 You will actually work less than eight is the truth. If you looked at your life, it's actually probably pretty well, quote balance as faras time.

00:18:04 Eight hours asleep, roughly eight hours of work. Awfully. Eight. I was a personal time. So why does it feel like this?

00:18:12 Well, I'm gonna say this. I'm gonna say this. It's because you're not as intentional about your eight hours of personal time as you are about your work time.

00:18:21 I gotta say recently, Um, okay, Generally, in my life, I feel pretty well balanced because I am quite intentional.

00:18:27 But recently I struggled with this too. And any time, this is why time is you go back these episodes anytime you have a big transition in life with cinema going into daycare again, I was likely Everything's gonna be great.

00:18:37 It would be amazing. Well, it was actually a huge change, and I had to shift everything.

00:18:42 So here's where I struggled. I had this feeling like things were out of balance for me, and I was like, What the heck Now I actually have personal time is famous Nova and I'm still just feel like my life is just work and chores.

00:18:53 And in the weekend So I dug deeper, and what I realized is that I wasn't having any fun in the evenings after picking cinema from day care.

00:19:01 And maybe somebody guys can relate to this, whether you have kids or not. It was like, Okay, I rush to get home and then I'm rushing to cook, and then we're eating.

00:19:08 Then I'm cleaning up and then maybe doing a bath. Or maybe not more likely. Maybe not, huh?

00:19:12 Remember reading his bedtime and then I could finish cleaning up and I'm exhausted. I crawl into bed only to repeat this for four more freaking days.

00:19:21 It wasn't working for me. So there were two things that I had to change here. And this is where getting intentional A f really help out.

00:19:28 So number one get intentional about your fun time too, if you allow it to the two DUIs of life are gonna take over all of your fun and personal time.

00:19:37 There is always gonna be something to clean, something to recycle, laundry to be done, a closet to soar through and de clutter a fridge to clean out.

00:19:44 There's always gonna be something. So caveat Here. I know there's a few of you out there. If that brings you joy, If that brings you connection or love or intimacy or courage or whatever you want to feel you do, you friend, you go do that.

00:19:56 But for most of us, that's just not true. For most of us, we defaults to cleaning or recycling, organizing or doing more of the things because we struggle to stay still or because you think that what we need to be doing Here's what I'm gonna challenge you to.

00:20:09 D'oh! Get as intentional about your you time as you are about your work time. Okay, Get is intentional about all of your time, so stop spending even 10 or 20 minutes on your phone in the morning.

00:20:21 Stop spending every night cooking. If you don't love it, ask yourself, What do I want to be doing and fill your time with that?

00:20:29 So that means put the book next to an ice and this is where we talk. We're gonna talk about habits here, love it.

00:20:34 Put that book next your nightstand, and read that instead of what? Its first thing in the morning or last thing instead of scrolling on your phone book that workout class in advance, so you have to wash the dishes faster or let them pile up a little.

00:20:46 But at least you got your yoga in, right? Here's one that I've done at least one night a week, and I actually aim for two or three.

00:20:53 I plan something fun with the Nova, so we aren't the usual routine. I have a list of things on my phone and every note that I love doing with her and enjoy doing so.

00:21:02 We do those. We've gone for picnics. I might go for a walk to the beach, Maybe both.

00:21:07 We have a dance party. I take her to the pool. I invite a friend over for dinner, or we go out and try a new restaurant for dinner.

00:21:14 The difference is that we are consciously including and incorporating fun connecting activities. My core desire feelings, as annual report would say into our week, instead of just hoping all find time for it, or waiting to the weekend to have it happen.

00:21:29 Now, this means that my house is a little messier than that. Maybe it could be means that my laundry doesn't get pulled in every single day, and sometimes assistant basket for a few days.

00:21:37 But, man, am I ever happier And do I ever be home more balanced? And I don't believe that wherever perfectly bounced.

00:21:44 But I'm just more joyful. I'm a more fun mom, and I feel like, Wow, I'm not missing out on watching my kid grow up because I'm so busy having a freaking clean house.

00:21:52 It doesn't even matter to me. I will never look back in 20 years and say, I didn't write that book, but my house is clean or I didn't start that podcast.

00:21:59 But, man, I organized the crop out of that closet like That's just not the way that it is.

00:22:04 And so I really encourage you to as you're thinking about getting intentional with your time. Think about what is really going to be the thing that you're proud of in the next five years.

00:22:13 10 years, 20 years, like what is gonna make you happy today and make you proud for the long term, And I guarantee you it's not a lot of things that you might think it is.

00:22:22 So get fired up about the disguise. I know what it's like to struggle through all this, and I really hope this helps you.

00:22:29 Okay, here's the second part of getting intentional and this one I'm not perfect at, but I want to share it with you cause it's something that I'm on a journey with.

00:22:36 And, um, I know it's something I got to continue to do. Need to work on presents, getting present.

00:22:43 It is one thing to, you know, put your phone away. Um, but still be thinking about what?

00:22:50 What might be on their what email would be coming in. What message you've got to send. It is one thing to go to yoga class, and it is another thing to be in the yoga class and not be making to do lists and thinking about all the things you got to do when you leave the class.

00:23:03 And I say this not because I'm judging, but because that is me. Like I struggled to go to those classes and think that I might be able to put my phone away.

00:23:10 But that doesn't mean that I'm always that good at being present. So this is something I'm working on.

00:23:15 I would was doing fun things and still not even enjoying them Some of the things that I've done to try and help this is leaving my phone at home.

00:23:23 Let me go for a walk or go out, leave my phone at home when we go to the pool practicing, breathing, more, taking deep breaths, repeatedly turning off my work brain, like letting myself.

00:23:33 No, it's okay to shut down its okay to to slow it down. Um, really allowing myself to get present.

00:23:40 One of the tools might want my coaches taught me was to in the moment if I feel myself going away not being present, to come back the moment and notice five things I've never noticed before in the moment.

00:23:50 And that's a really good way to ground back down to. I want to just share that with you because you can do all the right things and still not feel it's still not experience it, and that's another way to make you feel out of balance.

00:24:02 And, my gosh, whether you are spending two hours having quality time or 200 hours if you are not present, it doesn't matter.

00:24:11 You are still not gonna feel better. You're still not gonna feel connected or loved or intimacy or authenticity or connection or whatever that, however you want to feel you're not gonna feel it.

00:24:19 You're not present what you're in the moment and experiencing now. All time is created equal, and this is why this intentional really matters.

00:24:26 I wish that I could say You only have to work two hours a day and then the rest of bacon disco have fun, but I don't know your situation.

00:24:32 I mean, let me say this. I believe that's possible. It just may not be possible today.

00:24:36 So here's what I want you to reframe. Even if you don't have the exact same amount of time to spend with each one of your friends or you, you feel like quote, you don't have enough time to spend with all of your kids.

00:24:46 Are all of your partners or all the things you want to? D'oh! Just remember this that not all time is created equal and spending two hours with your best friend and a great chat.

00:24:55 Let me know if I'm the only one. I don't think I am a great chat. Go by and what feels like two minutes right so fast.

00:25:01 And if I asked you to hold a plank for two minutes. While that would probably feel like two hours, they like me.

00:25:06 So it's not always about how much time it's about the quality. So won't you just shift out of that?

00:25:12 That idea that it's not enough time and remember that really great quality time can really fly by. And that's okay because it's adding so much value to your life.

00:25:22 If you're intentional and if you're enjoying it, it really shift your perception of time. It's about the quality and how you're spending it and the energy you're getting from it.

00:25:31 So much more than exactly how long you're spending doing it. So, my friend, whether you've got five minutes at the end of the day to sit down on the couch and just enjoy the

silence, or they've got five hours on a weekend to meditate or five days to go on a huge meditation retreat, the point here is that get what you can out of those moments, every moment that you have, soak it up, Be present for it, be intentional, and that's gonna fundamentally shift, how you view your time, how you experience it and how you feel in your life, which changes everything.

00:26:02 All right. Now let's talk about mindset blocks. I got two questions for you. I'm gonna dive into this, and here's where it gets a little personal and I'm gonna share with you guys a lot of what I've struggled with.

00:26:13 So I hope that I hope this helps. First question, if I'm ask you, why don't you have more time?

00:26:19 What is stopping you from having enough time? Tell me. I guess you technically can't podcast but use any GM.

00:26:26 Hey, I mean, email sent me a message. What comes up for you? Why don't you have more time?

00:26:31 What is stopping you? I'm gonna guess that there's probably some kind of, ah, something that comes up for you, whether it is what My job is so intense.

00:26:40 My boss demands this much. I'm starting a new business. I have young Children. My, I'm in a new relationship.

00:26:45 I have to. I'm volunteering for this organization. And what you can then do is ask yourself why a few times like, Okay, my I have a demanding boss.

00:26:54 Well, why? Okay, break that down. Well, because I want to move up in this in this career.

00:27:00 Okay, are why? Well, I want to have. I'm kind of making this up as I go, by the way, so bear with me here.

00:27:07 You know, I want to be able to make an impact in the work that I'm doing Well. Why?

00:27:12 Well, because it's important to me that I can show my family. I can show other women what it's like to move up in the world.

00:27:19 I want to be able to make a difference here. Well, as you start to break that down, you're going to see that there may be some underlying mindset challenges here.

00:27:27 Some of the things that may come up here, you know, especially I think around for women. I think a lot of us struggle with this feeling like we actually have to do more work than the men at work in order to get ahead.

00:27:39 And if anyone else has ever thought that, um, that's an example of if you ask yourself why, a few times that might come up.

00:27:45 And that's an example of an underlying mindset. Belief that it doesn't matter. Like how much time I give you if you always believe that you have to work harder than your colleagues.

00:27:55 Well, you're just gonna continue to use the spare time to work harder. Am I right? Maybe you have a belief that you have to make homemade dinner every night that you have to clean your house every week.

00:28:05 That one day every weekend has to be dedicated to cleaning that you have to wait for your kids and watch them while they're doing all their activities.

00:28:11 Maybe it's a belief that you have to stay late at the office every day, every day or they want.

00:28:15 They're not gonna think you're dedicated enough or that the only way to be successful is to hustle all the time.

00:28:20 There are so many of these underlying beliefs, and I can not for none of these like, it doesn't matter how much time I give you If you always think you have to have a perfectly clean house.

00:28:28 If you always think you have to make dinner every night like I can't help you, right, you can't help you.

00:28:32 That's the bigger thing. So you have to figure out, like what belief you're gonna actually hold onto in which one you're Which one is going to serve you and which one is not?

00:28:41 Let me give you another example of this one. I have to be the one to do it. I'm the only one that can do it.

00:28:46 This could be in business, or this could be at home. I hear this one a lot at home.

00:28:49 Not gonna lie. I have to be the one to clean because my husband sucks at it. Or I have to cook because my husband doesn't even know where the stove is or I have to create the content.

00:28:58 I have to the customer. Reach out. I have to do the bookkeeping. No one else can do it.

00:29:02 Ladies, let go. Let go. Okay, Release If what you want is perfection, then, Yeah, you might have to do it, But let me tell you the serious truth here, that even you are not gonna be perfect.

00:29:15 Even you are gonna make mistakes. And if if what you really want is that control, then? Yeah, you go for it.

00:29:21 And if that makes you feel the way you want to feel, okay, you go for it. But my my prediction here, my sassy judgment here is that it's not actually serving you.

00:29:32 If he misses a spot when he's vacuuming, who cares? Like, really, who cares his vacuuming?

00:29:39 He's helping you say thank you. Let go of the control. This is about how you and your control and not about them.

00:29:46 I want to say, like, let other people help Let other people in, Let other people do the work of other people Try I'm not saying, you know, let your two year old shop the vegetables of the biggest knife in the house, but if no one is going to get hurt, and if you are overwhelmed if you're exhausted and you could do with some more, sleep with the yoga class with your feet up while someone else cooks dinner for you or while you get to take out while you wait for it to come in.

00:30:10 Or if you could do with some more time to work on your dreams, you have to let something go, and this might mean that you have to let go that believe that you're the only one that could do it, or that you do it best, or that someone else Can I do it as good as you.

00:30:23 This relates to business too. Like I said, you know, can other people outsource or hen you outsource?

00:30:28 Can other people on your team do it and make sure if you haven't already absent seven years own of desire, what are the things that you're absolutely amazing at and that you love doing and outsource all the things that are not in that zone?

00:30:40 Okay, I'm gonna tell you one of mine. This tux is taking me a while to to dive deeper.

00:30:46 And I probably still have some layers here to heal and to work through. I have this, um, for a long time when I had to know, it was really hard for me to leave the house.

00:30:55 And for a while it was like, Okay, well, you know, I'm breastfeeding, so I can't leave her for a certain amount of time.

00:30:59 Or, um, I can't I can't go to work her class because she needs me. All right?

00:31:04 I should be working. And really, I had to ask myself why, Why? Why and why I couldn't go and do these things.

00:31:11 Why couldn't make time for myself is because I had this underlying belief that it was selfish to take to make time for myself.

00:31:18 I come from a long line of really hardworking and amazing women, women that did everything and a lot of cases still do everything for everyone else.

00:31:28 And I want to say this is really important to say this. I am not here to judge them or blame them.

00:31:33 This is just my experience and how I absorbed my childhood on what I saw. Then that's the same can be true for you.

00:31:39 By the way, there's gonna always be somewhere where your beliefs, where your minds that's come from and I encourage you to don't blame other people about it.

00:31:46 Um, a good chef to make yours, too. Have compassion for them, for them and for you, too, so that you can move forward.

00:31:54 So here I am. All these years later has a mom feeling guilty about everything, feeling guilty for taking time, for me, for showering, for brushing my teeth, for going to a yoga class.

00:32:05 And my limiting belief was, I'm not as good of a mom. If I make time for myself, I'm a selfish mom.

00:32:10 I'm that kind of mom. If I make time for me and you can see how this directly made it so that I never had time for me.

00:32:18 Uh, I never did it. And so it didn't matter how much time I had. I would always just cram it with more things around the house or more time with my kid or things that I felt would make me.

00:32:28 I thought to find me as a good mom and not quote a selfish mom. Now I'm still uncovering layers of this, and I'm having to rewire my mindset.

00:32:35 So saying that taking time for myself is one of the best gifts that I can give to those around me.

00:32:40 This is one of the thoughts that I have to program into myself. I say to myself, I'm teaching my daughter that she's important and she gets to decide how to spend your time, and it's okay for you to decide to, and I encourage you to spend on you, too.

00:32:53 So this is something that I have gotten better at over the last. I would say 6 to 9 months, and now that, like once I uncovered it and have started to reframe that it's so much easier now there's definitely going to still be layers there.

00:33:05 As things change, it'll it'll creep back up. But I wanted to share that with you. And so it didn't matter again.

00:33:10 How much time I had, like, if I believe, is that taking time for me means I'm selfish or that I'm not as good of a mom, I'm never gonna do it.

00:33:21 Okay, I'm gonna go out on a limb here and say that I believe everyone needs a coach. There's a reason why the world's top athletes, leaders and entrepreneurs all work with coaches.

00:33:31 It's because we do better when we're being supported, challenge and encouraged to be our best Selves. And let's be honest, who doesn't do better with a little accountability?

00:33:40 Each year I take on a limited number of one on one clients, and I love getting to know them and support them on a really intimate level.

00:33:47 Now I also walk the talk or is it walk the walk? I don't know how the expression goes Anyways, My point is that I don't just coach, I get coached.

00:33:57 Through the last few years, I've spent tens of \$1000 on my own development with coaches and masterminds. And believe me, I have no plans on something that anytime soon.

00:34:06 But here's thing. Not everyone is ready or needs a 10 or 20 or \$30,000 coach. That is why I created Goalden Girls Community, a community driven, inspiring place to get amazing coaching and to work with me with an accessible price point and easy commitment to create the best world class experience.

00:34:26 Goalden Girls Community Registration only opens a few times a year. If you really want to learn more and be the first to find out the next time the doors open, head to Lisa

me show dot com forward slash community I know incredible things can happen when you have a clear direction, any simple called action and challenge.

00:34:42 Each and every month, month after month, our community members report being more confident, having more clarity and feeling empowered.

00:34:49 Together, we're always celebrating new and exciting milestones, anything from starting new businesses, growing in scaling existing businesses and having the courage to apply for and land and exciting new job.

00:35:00 But it is so much more than that our members are finding their artistic voices, finally organizing their houses.

00:35:06 Amen to that and report better work life balance than ever before. So hop on the wait list today because trust me, you do not want to miss out.

00:35:13 I hope you'll consider joining. Because I would love to see you in the Goalden Girls community. Okay, so that's question one that is uncovering your time mindset.

00:35:27 So we're gonna go even a layer deeper here. And this is where the question gets even more real.

00:35:33 And there's a lot of pieces here. I want to share this question for you. And I want you to take a few moments and reflect on it, maybe even take half an hour.

00:35:42 Meditate, journal, talk it out with a friend, talk about your partner. Work with a coach on this.

00:35:47 This is a big question here. Why don't you have the success you want? What is standing in your way?

00:35:57 Listen in on that. Talk it out. Breathing in, reflect. Check in to see what that is.

00:36:04 And I can apply that wise, you know, five wise. Why? Why? Why? Ask yourself, dig deeper and see.

00:36:11 Wait till you hit that truth. That, like, punches you in the gut. Then you're like, Yeah, you could hear almost inaudible fund.

00:36:17 That's like that is the truth. There are probably some limiting beliefs telling you why you don't have the success you want.

00:36:24 Well, people like me don't get things like that. Or if I try, I'm just gonna fail.

00:36:30 Or if I'm successful, my family won't include me anymore. I don't know anyone that doesn't have some kind of a limiting belief here.

00:36:39 Some sort of a belief that may it may have served at some point or maybe isn't. But at this point is no longer serving you.

00:36:45 This is what, by the way, were always coming up against this and it every level, everything.

00:36:50 Every change, every evolution, every new goal, every new dream you're gonna have to check in and go back to your mindset and figure out where's all what you're telling yourself.

00:36:59 And then if what you're believing is serving you or not, if you haven't already, make sure you go back to Episode five.

00:37:07 How to believe in yourself. It is basically a mini master class in mind set, and I highly recommend you listen to it.

00:37:14 I'm not gonna repeat everything, because in that episode I really talk to you about how to identify any more limiting beliefs and then how to rewire and integrate them, because that's super important.

00:37:25 So definitely Asim talking through this and you're coming up with your limited believes and you're uncovering them. Listen to that episode and go implement what's in there because it's gonna help you so so much.

00:37:36 What I wanted to talk about here is to really just share some personal stories and examples of how these limiting beliefs, how this mindsets of how, when we don't believe in ourselves how it impacts our time in our relationship with it.

00:37:50 So personal disclaimer. I struggle with a lot of these, and that's how I know that it's probably something you struggle with two I'm sure in these so that you can hear it so you can understand where mindset ties in.

00:38:00 And hopefully I've already convinced you. But if not at this list, surely will and also in case it just dig something in your mind in case it sparks something that makes you say, Ah there yet that there's some truth there.

00:38:12 I'm gonna explore that deeper and go a little further. So that's why I'm sharing these with you. Okay, So here is how some underlying Lebanon believes can be impacting your relation with time and leaving you stressed and feeling like you don't have enough time to do anything.

00:38:27 So let's talk first about fear. So imagine what pure failure and fear success. Well, if you're afraid to fail, then it might make you procrastinate like you don't even do the thing because you just don't know if you're gonna be able to achieve it.

00:38:41 You're so afraid of trying and failing that you don't do it. And so, as a tactic of across the nation, you start to try and do many, many, many things trying to do all the things so that you don't have to do the things that are actually gonna make the difference.

00:38:55 But the ones that are risky enough that may or may not result in success and may merely be failing.

00:39:00 I've also seen people self sabotage here, and you take your time because it's better to run out of time and they never try or miss a deadline than it is to try and fail, not fear of success.

00:39:11 This is I see this come up so often with high achieving women and a lot of them. I think it's unconscious and a lot of situations to some of the some of us know about this.

00:39:19 Some of us have experienced it, but some of us I think it actually stays below the surface. So what are other people gonna think if you make more money or have more followers get the promotion or have the bigger office?

00:39:31 If you're afraid of these things, they can sometimes self sabotage you and you and adorn it up, trying to go for the motion because you're afraid of it.

00:39:38 And so you just use that excuse of Well, there's not enough time or, I mean, I'm stressed already, like, How could I possibly have more?

00:39:45 And you tell yourself You make yourself wrong for wanting more and scare yourself out of that next level. Maybe you're not putting yourself out there, not being bold, and you're again the self sabotaging, spending our time, doing things that you shouldn't be doing or using that excuse of time because you're afraid that if you're successful, someone in your family or your community or your workplace or your friends were gonna judge you for it.

00:40:07 Now. I also see scarcity mindset. Creeping out on scarcity is the belief that there's not enough that there is a limit to this convened money to time ha two clients out there to the number promotions to success like in whatever successes to you that there is a limit to it and that if you end up taking from someone else that you're taking a few.

00:40:28 Sorry, if you're successful, you take it from someone else. Earlier this year, I had a client come to me who was like, I don't have enough time.

00:40:34 I'm building this business and it's super busy. But oh my gosh, I just I don't know how impossible on a scale, because I'm already so busy and we did a bit of digging and we realized that it was actually due to a scarcity mindset.

00:40:47 She had this underlying belief that if she didn't take on a client that she wasn't gonna have any more, or that if she didn't take these people that the supply of customers, it was gonna dry up her revenue was gonna go away.

00:40:59 And so what ended up happening is that she was taking on every client at any price. And, of course, and she had an overbooked calendar, not enough time to do anything, not enough time to outsource and not working things.

00:41:11 She actually wanted to d'oh! And not able to ever see a way out of there because she was like, I'm already so busy I can't possibly be doing anymore.

00:41:19 So here's a That's an example where if you don't believe that there's enough clients out there or enough work out there or enough money or enough success or enough time, this is an example of where that can really break down and it actually shows up.

00:41:31 And it manifest itself in the way that you treat your time in the clients who take or don't take all the jobs you take her.

00:41:36 Don't take her the salaries you're negotiating or not negotiating, or the things that you allow yourself to invest in or not.

00:41:42 So I think of that. Such a great example of this pie. I just Oh, I'm so excited about this job hopping because it's super easy on the surface of gambling.

00:41:51 She came into one of my programs. It was like, I just need more time and we dug deeper.

00:41:54 It was like, Okay, you don't actually more time. You just need to change this mindset. Start charging what you're worth and on Lee take on the clients that are really gonna fire you up because you don't have time to take on anyone at any price.

00:42:05 It's not about time management. It's about changing your scarcity mindset. And if this is ringing true to any of you guys, definitely let me know semi a damn Would love to chat with you guys more about this, too.

00:42:14 And if I can I can help in any way, Totally let me know. But I just see that this is I hope that this is eye opening for you guys because it's so tempting to just get stuck in the tactics on the hats and the techniques.

00:42:26 But like, you can't You can't hack your way out of that scarcity. You can't just cause you're doing now.

00:42:31 Okay, well, I'm taking on 50 clients like I would be more productive. I'll take on 80 like that's not gonna change the underlying reason here.

00:42:37 And that was never gonna transform her business. So if we didn't look at her at the scarcity if we don't get deeper and at the same thing for you.

00:42:42 If you don't get deeper, you're never gonna change what's actually going on here. If we don't unpack that suitcase, if you don't unpack that baggage and repack it with things that are actually going to serve you, you're never gonna be able to get that next destination with the right tools in your baggage.

00:42:55 Oh, I think I just made that analogy work. Thank you. Okay. Believing in yourself. If you don't believe in yourself, no amount of time is gonna change that.

00:43:06 If you don't believe that you can do it. You won't sign up for the race. You won't get off the couch.

00:43:11 You're gonna be too busy. Quote doing other things. If you don't know that you can write a successful book or screenplay, you're not gonna prioritize spending your Saturday mornings doing that.

00:43:22 You're gonna tell yourself that you have to do the groceries, have to the laundry. I have to go for the boozy brunch, whatever that is.

00:43:28 Instead, I know we're getting deep on this stuff, but not believing yourself can manifest in a lot of ways in the way that you're spending your time especially and maybe even avoiding doing hard things and working on what's actually important to you because you're afraid or you're not sure if you can actually do it.

00:43:45 Okay, let's talk about people pleasing here. This is very real for me and people pleasing can be a reason why you have no time.

00:43:53 This is a true story. Last year I went through a two week period where I had these things.

00:43:59 I wanted to do my business, a couple to do lists items, and I accomplished none of them like zero.

00:44:07 I kept saying to my husband, I have no time to work on my business. I have no time to work on the business and, you know, truth be told again, full time, full time, parent.

00:44:15 We just bought a new property. So on the surface it looked like I had no time. But then I reflected, and what I realized is that in that same two week period that I had just said, I did nothing for my business and I was saying I didn't have any time to work in my business.

00:44:27 I helped six other people with their businesses like over 30 hours of helping other people in just two weeks.

00:44:35 As a solo parent with no child care, I even got involved in a political campaign and I'm proud of that.

00:44:41 And I am all for community and collaborating in giving back and helping others. But I certainly couldn't say that I have no time.

00:44:49 And this was uncovering this. This is the first threatened, like a giant ball of yarn that I've discovered is a deep need in me, the deep I have his deep need to be liked and to make others happy and please people.

00:44:59 So I'm still working on this. It's been about a year. I'm really gonna be struggling with us my whole life.

00:45:05 But I know firsthand how people pleasing can limit your time because this is what I did. You start to offer your help even when you don't have time.

00:45:13 You put others first and put your own goals, and your own to do is on the back burner.

00:45:17 You don't ask for help because you don't want people to not like you or you don't want to inconvenience others.

00:45:22 You're gonna play it safe in a lot of areas not just time. Time is a big one where you're gonna play it safe because you want others to be happy, and you will go out of your way not to make others uncomfortable.

00:45:32 This also could lead to you not value your time under charging or putting you know, appointments in the calendar or not adhering to your own boundaries Doing work late at night when you're actually not supposed to be and you've set the boundary, you're just not holding to it.

00:45:46 And then you have to work a heck of a lot harder to get make money in your business or to get the promotion or to save up, to actually buy the house that you want to or go on the vacation.

00:45:55 You want to or do whatever it is that is in your dreams. So people pleasing Israel like people pleasing this can have a huge impact on a lot of ways in all parts of your life and especially in time.

00:46:04 And that's a little bit about how that worked for me. Okay, here's another personal example. Clearly you guys Comptel, I do not have this all figured out on I truly hope that this help for you to hear this, Um, from Mi Teoh, huh?

00:46:17 So one of things that I recently realized is my addiction to busy. Busy is my default. I will always fill the time, you know, meet telling you the story at the beginning of this episode about cinema going to day care.

00:46:31 Like as soon as I had more time, I just filled it. My default is busy. Might be My default is more do more, do more, do more.

00:46:37 And so I just added more than say that to do list. And I didn't end up having more time, as I thought.

00:46:42 Let me give you another example. Okay, so I was doing a local speaking engagement in mourning, and I walked out of the building and I put in my GPS was like, Okay, um, how do I get the spice?

00:46:52 Well, I could take the bus and it would take me about 11 minutes, and if I walked, it was gonna be about 20 minutes, So I went to the bus stop.

00:47:02 It was like, Okay, I'm gonna do this. And I stood there and I got so impatient.

00:47:06 Okay, I got so impatient and I couldn't handle being still that I decided to walk instead. Okay?

00:47:12 And I was like, Maybe I can actually beat the bus, so I know you can't beat the bus.

00:47:16 I'm not that fast. Not not a six in the morning. So I walked and slash ran. I showed up sweaty and panting, and almost late, the bus passed me on the way.

00:47:27 Is it like none of this makes sense? And I walked and I realize I was reflecting as I was on the way there.

00:47:32 I was like, This is dumb. I can't. But I'm doing this. What am I doing?

00:47:35 It was a really good lesson because I realized I walked because I couldn't handle being still, even though it would have saved me time.

00:47:43 Even it would've been easier order unless sweaty open on time at the time where I knew I want to be.

00:47:49 I still did the harder thing, and I could I couldn't stand being still. This is I don't think this is the healthiest way to be something that I am consciously trying to on wire and figure out.

00:48:00 Why do I attach so much of my worth to two doing and to always being busy. So I'm definitely trying to explore this and figure this out.

00:48:07 There's some good things to this, you know, There I get. I get to do a lot of fun and amazing things because I'm really good at getting things done.

00:48:13 But there's a dark side, and so this is my challenge to you. If any of this rings true, start to observe yourself.

00:48:20 Are as you're writing your to do list? Do you just keep adding things on that you could do or a nice to do?

00:48:27 Are you being busy just to be busy? Are you saying yes to hang out mediocre people or doing mediocre fund things?

00:48:34 Quote fundings, because it's better than just being alone or being bored. You know, I don't have all the answers for myself, and I don't have all the answers for you, but I wanted to bring this here attention.

00:48:44 If you are also someone who wears baggy like busy, like a badge of honor. If you are a busy by default person, you will never be able to time management hack anything because you just keep adding to the pile like think about that.

00:48:57 My hack was to take the bus and save myself about half the time. And I couldn't do it because it was I just couldn't stand being still.

00:49:06 So if you can relate to this and maybe not this exact situation, look at your life and ask where else is happening.

00:49:12 Where could you dial it back and accept that good enough or done is better than perfect? You know, where can you outsource?

00:49:17 And yes, you're gonna feel less busy. But maybe soak into that and see what it feels like.

00:49:21 Where can you simplify or do less? Can you do a premade meal, you know, pick up a Costco salad or something instead of having to make it all yourself like, What can you do?

00:49:29 Thio? Dial back the busy. This is something that I'm working on for myself. I'm challenged myself this month to release and let go remember, And this feeling that I'm writing myself up to that you are you beyond being productive and busy spend time being whatever that means to you.

00:49:48 Okay, By now you're probably realizing that I got some issues, you know, people pleasing, overachieving, busy perfectionism.

00:49:53 I also have the lucky honors of being a perfectionist. And maybe you can relate to this. Everything takes you so freaking long because it's got to be perfect.

00:50:02 And I gotta tell you, creating this Siris on time management has pulled out all kind of perfectionism. And me, I've had to set timers and limit myself and say, OK, 80%.

00:50:10 I'm 80% as much as I got is this episode's gonna get and just let it be done rather be perfect.

00:50:16 So for all my fellow perfection is out there I see you. And those air to tak is that it helped me is setting timers and allowing myself to get 80% in releasing.

00:50:25 So, um, two other things that may help you if you're perfectionists, get a second opinion. If you need it, someone else to look at it and say, Hey, you know, this This is good enough.

00:50:35 You're good. Like they don't have to worry about the extra font or all the extra little editing on this or whatever it is.

00:50:40 Sometimes a second opinion just reminds you that Hey, no, you're doing a great job. Good, Good enough.

00:50:44 Done. Another thing that I'm doing that I would recommend to you guys, too. That I'm doing two is give yourself permission to edit it later, but just, like put it out into the world.

00:50:53 And in fact, Vernon Bouchard says, is he asked the room often. Like how many guys, a perfectionist and like everyone puts their hand pretty much.

00:51:00 And he said, Well, probably you're not actually perfectionist. You actually just afraid because to be perfect, you have to put something out the world and then perfect upon it.

00:51:09 That is the true meaning of perfectionism. And you for your perfectionists, you would know that definition, huh?

00:51:14 So funny, right? So put it out there and edit it later. So here is my disclaimer.

00:51:18 Here I am going to probably be revisiting this topic again because of all the things that I forgot to put in.

00:51:23 And of course, it's an evolution. The more that I learned, the more I'm gonna want to share with you.

00:51:26 And there's gonna be a little tips and tricks that on my command I can't leave. I didn't add that in there or another little thought, so I'll probably come back to this and make another episode, and that's how I am releasing and just putting it out there to the world and getting over my perfectionism because, man, I could probably spend the next not even getting like a couple months making these episodes perfect.

00:51:44 But it's better just put him out in the world because it's not about having more time. It's about doing what is gonna make the biggest impact for you guys.

00:51:51 Okay, the last one who is the deep one worthiness. And for me, this one definitely ties a little bit to the business for me.

00:52:01 So I struggle. I think that hustle is necessary, and the more that I work the more worthy I am.

00:52:08 This can also tied a people pleasing. And so this is probably why this is one that I struggle with, you know, will others like me if I'm not a success?

00:52:16 If I don't help them as much? What if others don't like me? Am I still successful or what If I get successful in other people don't like me.

00:52:23 There's a lot wrapped up in here, and I work really hard so people can see it. See, the work that I'm doing, um, sell Fords could come into things like, um, I worth charging.

00:52:33 What I'm charging. Is anyone gonna pay that? Who do I think I am? This also ties to a need to always be doing that.

00:52:41 We believe that we're only worthy if we're productive. And here is what I've learned. And I have this on a sticky note on my desk because I struggle with this too.

00:52:50 And, see, you know, says this you can't work yourself toe worthiness. You cannot work yourself toe worthiness me believing that I'm worthy and, um, that I am deserving and that I'm a whole wonderful, perfect human just the way I am.

00:53:06 That is never gonna come from me working harder or from you working harder. That's not gonna come from us doing more from hustling from cramming our time in with more,

more, More like this is again where productivity hacks and tips and strategies can actually play into things that are not serving us.

00:53:22 That that believe that we always need to be doing more to be worthy of more. So here's my challenge to you.

00:53:28 If any of this is ringing true building time for you like time for nothing. Start with 10 minutes a day.

00:53:34 You know, start with two minutes. That's all you can do. If you're like me at the bus stop, I can't wait eight minutes.

00:53:39 Start with. Start with that. See how that feels and see where you have resistance. Like lean into that.

00:53:45 And I will tell you, I certainly do. I really struggle with this. This is the mindset that you know, no matter how much time you're given.

00:53:52 If you don't think you're worthy of the Duke downtime, you won't ever take it. Okay, so if any of those running true to you awesome, Congratulations.

00:54:03 You've uncovered a limiting belief, and that is so powerful. So now you know the crap that's in your suitcase that is not serving you.

00:54:10 And that is so powerful because now you can actually move forward. And you can repack that with beliefs that are going to serve you with beliefs that empower you with beliefs that allow you to have more time and less stress in your life.

00:54:23 That's what we're all after. So if you're still like, not really sure it will go back and listen to those questions.

00:54:29 Why don't you have enough time? Why don't you have the success you want and then do the work to rewrite that belief.

00:54:38 Do the work to unto repack what's in the suitcase that what you need to get to where you want to go.

00:54:44 Remember, Sometimes awareness is enough, and sometimes it's not an episode. Five. Break it all Down for you.

00:54:48 A little mini masterclass is highly recommend. You listening to it and there's a link in the show notes.

00:54:52 D'oh! Okay, so let's recap here the three perspective shifts to make. Stop saying I don't have time and shift that, too.

00:55:00 I'm in charge of my time. You have time. It's just not a priority. And remember, you can always create the time.

00:55:07 If there was an emergency, you would make it happen. Number to shift from thinking about just time management Toe Energy Management How do you want to feel?

00:55:16 And if you only had a five or six best focusing hours, what's the best way to spend them and when will you do that?

00:55:22 Number three Get intentional. A F cat is intentional about your downtime as your work time. Remember, you are investing your time into something or someone the work that you're doing a relationship, your health.

00:55:35 Spend your investment wisely and be intentional with all of it. How you feel about your time and then how you're using it is absolutely connected to your mindset, like no amount of strategies or hacks is gonna fix all of your time management problems.

00:55:50 I guarantee that. But if you can get the mindset right, you will automatically shift without fussing over a ton of strategies or hacks or tools.

00:56:00 You couldn't see massive results and changes in every aspect of your life. Your relationships, your health, your sense of balance.

00:56:07 What success means to you all of those things when you uncover your mind sets and you change shift those from limiting TEM powering beliefs.

00:56:14 So here the two questions help you uncover blocks you may have that are affecting your time Number one. Why don't you have more time on what's stopping you from having more time?

00:56:24 Remember, this is a lot of those things, like I have to do it all. Or a bad moment.

00:56:27 I take more time for me or my husband or my coworkers. They can't do it as well. If I can half those okay, you're gonna have to rewrite those.

00:56:35 If you want to have more time and wanna have less stress And I know you do, we all do.

00:56:40 Number two. Why don't you have the success that you want? It could be fears. You know, you're a failure.

00:56:45 Scarcity, uh, fear of success. It could be a lack of belief in yourself. It could be that desire to please others wanted to be the nice girl.

00:56:53 Putting everyone else above you all the time could be an addiction to being busy or worse, Applying and directing your worth and tying that to your productivity and having that be the only way that you see yourself is worthy.

00:57:09 Okay, I know that this is really big work. I know that it would be so much nicer if I could just give you that three steps or hear myself top seven tips to have more time and sit on your couch more.

00:57:22 But if I told you that I would be doing you a massive disservice, honestly, it is a way better for my ex CEO for my social media following for everything that I do in my business.

00:57:34 If I just make it sound easy because everybody's looking for easy. Everyone's looking for simple or dumb it down advice.

00:57:40 But can we all just agree here that that doesn't work? I mean, if it did, like, you could find a million articles about online, and if they worked, we wouldn't be having the time crisis that so many of us are now feeling who has?

00:57:54 I am in this for the long haul. I am growing this community impact this business you guys for not for months and not for a year, but for years and decades of impact.

00:58:07 That is why I'm so passionate about giving you the real tools. That's why I'm so passionate about talking about these hard things and reframing this in a way that I truly believe is going to serve you because I don't want to just give you something that's not gonna work.

00:58:20 I want you to think about your success and your goals and your time in terms of the long term.

00:58:27 So please and thank you, by the way, for listening to this. Thank you for not being shortsighted.

00:58:32 And thank you for not looking for quick fixes. Thank you for doing the work for asking the questions in Episode seven for uncovering your limiting beliefs from this episode and from shifting your perspective from getting real about this and taking the time to reflect on you.

00:58:48 And I know that you're busy, but I know that you're gonna take the time if you dedicated an hour or two in the next week or heck 20 minutes a day for the next week to see what's limiting you.

00:58:58 And then you took action. Oh my gosh, I know that you would fundamentally transform something in your life because when your minds that changes, everything else changes when your minds that changes, your habit can change.

00:59:09 And that is what allows you to create a life that you've never had to have, things that you've never had to do, things you've never done before and perhaps maybe just sit on your coach for 10 minutes at the end of the day and really soak up everything that is awesome in your life.

00:59:23 I know this episode, it's it's not gonna go viral, okay, It's but I'm not gonna get the most listens.

00:59:29 It may not get the most likes, and that is OK because I'm sharing it for you Goalden girl.

00:59:34 I'm sharing it because I know that this is what's gonna make the biggest difference for you and the biggest impact in your life.

00:59:39 If you actually listen to this and do the work and uncover these these pieces here, this is what's gonna be a game changer for you.

00:59:47 That's what we're here for. Time is your currency. Thank you for spending it with me. Thank you for spending it.

00:59:53 Well, thank you for investing it with me. Keep living your life and keep pushing so that you continue to live your life in a way that leaves you feeling alive.

01:00:03 And that's gonna leave you feeling proud that you were and you became the person you were meant to be.

01:00:09 Create that life you're about to be living by going for your big dreams and goals and start today. Start by creating the time for yourself and for what's important to you.

01:00:18 Stop using the excuse that you're too busy. I think we've blown that one out of the water. Stop saying you don't have enough time or that you will do something.

01:00:24 Quote when you have more time. Yeah, we're just done with that right. Goodbye. Start living your life and live it with the intention of what you want it to be and live it in a way that's authentic to who you are.

01:00:37 Him not Not to your fears not of what other people think, or to your skew definition of self worth or thio your dedication to being the nicest girl in the room.

01:00:47 Stop that, but start living authentically to your best life to being the most incredible version of you that is already in the side of you.

01:01:00 You already have everything you need right within you so that you have all the time in the world. Goalden Girl.

01:01:07 Go make the most of it. Thank you so much for listening. I know this is so much.

01:01:14 And I appreciate you being here. Make sure you stay tuned. The next episode Episode nine I'm gonna break down some strategies and tips.

01:01:22 I know I just spent two episodes talking Croft both him. But I'm gonna share things that they do believe we're gonna work.

01:01:27 But only if you have answered the four questions from Episode seven. And if you have uncovered your mind's Stu has shifted your perspective on time.

01:01:36 Then I know that the strategies and tools and I'm gonna share with you in Episode nine are gonna be absolute game changers because they've been so helpful for me.

01:01:44 Thank you again for listening, and I Will he talk to you in the next episode of Goalden Girls podcast.

01:01:51 Thank you so much for listening. If something spoke to you, send me a message by sharing this episode and tagging me on social media.

01:01:59 If you know someone who loved here this episode, please share it with them too. Because I love surprises.

01:02:04 Make sure you subscribe to Goalden Girls podcast today. It's the only way to find out about bonus surprise episodes and make sure you don't miss a single beat on your Goalden journey.

01:02:14 Thanks again for listening. That will talk to you in the next episode of the Goalden Girls podcast.