



## Taking Care Of Yourself

### TCY - Taking Care of You!

Recent studies have indicated that we have the potential to dramatically affect our productivity by paying closer attention to our health.

In other words, when you feel good inside and outside, you can accomplish more.

So how healthy are you? How good do you feel? How much energy do you have throughout the day? Are you able to accomplish everything you need to do in the time allotted?



We all know in this industry, we tell our clients – to get a good night's sleep, to treat them on a regular basis, get good exercise, eat healthily and drink plenty of water. But do you do that? Do you practice what you preach! I know I fail occasionally. I have my weaknesses like coffee and chocolate 😊

The thing is though many of us spend most of our time doing things for everyone else: clients, family or friends. Sometimes our own needs are neglected. We relegate ourselves to the bottom of our To Do List hoping that we'll get around to taking a break, eating healthily or going to the gym soon!

The truth is that we care and we want to help those that we love, but we also need to look out for ourselves.

### **Taking care of YOU is NOT selfishness.**

So what does 'selfishness' actually mean?

**Selfishness** – Many people confuse taking care of themselves with selfishness. There is a significant difference between the two. Selfishness is about getting



what you want without any consideration for the other person's needs. It's usually at the expense of the other person. Selfishness is an intentional release of negative energy. For example, it's purposely not sharing information with someone that might save them time, because it might make them look better than you.

**Self-care** – Is a totally different energy. You are look after your own well being in a healthy way. It's a commitment that you make to yourself. A healthy and happy you is hugely important because your energy affects and interacts with everything and everybody that you come into contact with.

Invest in yourself.

If you've never done this before consciously, those closest to you may notice a difference and feel uncomfortable to begin with because you are doing things differently and they are not used to it. They prefer the 'old you' because they were easier to manipulate! Teach them how to treat you.

Here's how to get started...

**1. Take responsibility** – We are each responsible for our own life and the choices we make. Therefore, we have the right to take care of our own needs. The balance between commitment to yourself and the desire to help someone else requires us to define some lines of responsibility. As a coach, I'm responsible to my client, but not for my client's results. They have to take action in order to get a result. It's more difficult to draw lines with those we love.

**2. Determine your own needs and wants** – To live authentically it's important to consider your own needs, wants and to identify what's important to you. This clarity helps you to live your core values and create your best life. You also get to decide when another's needs supersede your own. Take conscious action do one thing every day for yourself.

**3. Set some boundaries** – As human beings we all have equal value, worth and dignity. You have the right to say no when you want to, to take care of yourself and to ask for what you want. It's important to set boundaries with other



people, so they know what acceptable and not acceptable behavior is. Boundaries help you to protect your authenticity, integrity and demonstrate how you value yourself and others.

You only get one life (and one body) so look after yourself. After all, your To Do List is pretty useless if you're not around To Do it! Right?!

If you are not taking care of yourself – Who is?