

5 Steps You Can Take
RIGHT NOW
To De-Stress, Relax and Have More Fun

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To Take Now

To De-stress, Relax and Have More Fun

To establish better self care, I take my clients through a step by step process that digs deep to unearth where they have opportunities for change or improvement so they can enjoy thriving personal lives, relationships and careers. In this report I've boiled the process down to 6 steps you can start doing today. Enjoy the process!!

Step 1. Become More Self Aware

Who do you think of when you read the words *self care*? What is she or he doing differently than you? More importantly how might she be thinking differently than you? Our thoughts support our decisions and actions. To experience the benefits that person who came to your mind is experiencing, you need to determine your values and needs. For example, I value integrity, relationships and personal growth. I need time to be still and time for adventure. What do YOU need and what makes YOU happy?

Identify Your Top 3 Values and Needs

This list will help you evaluate if you are truly living your life in line with your values. You will also be given more clarity on what you would like to add to or take away from your life. How might you prioritize your time differently?

Step 2. Improve Your Mindset

Your beliefs will either limit or empower you. Think of what you would need to believe in order to enjoy the fulfilling life you want. What would you need to believe about yourself to become the person you want to be?

Here are some examples of limiting beliefs:

“I come last”

“I can’t relax”

“There’s not enough time in the day”

“People will judge me if I make myself a priority”

“I don’t deserve to have a house cleaner, nanny or personal chef or trainer”

Here are some examples of empowering beliefs:

“I am enough”

“If I take 15 minutes for myself the world will keep turning”

“I feel great about myself, inside and out, when I take care of my needs”

“My relationship is much deeper and passionate when I take care of myself”

“My value is tied to Something Greater than my assets or my role as mother, cook or business woman”

What Do You Need To Believe About Yourself To Become Who You Want To Be?

Step 3. Ask For Help

When you offer your help to someone else, usually you wouldn't offer unless you really wanted to. Remember that when someone offers help to you! You were not meant to live your life alone. You were not meant to be able to manage everything. Though you may view yourself as a superhero, it's not a sign of weakness to ask for help. You are no less of a woman, friend or wife if you ask for help. So, where do YOU need extra help? If you asked for that help what would you be able to spend your free time doing?

Step 4. Say No More Often

When you say no to people who are asking for your help, you are erecting healthy boundaries. You are expressing to yourself that you and your time are important. As I learned to say no more often I began to feel more confident. I began to realize that I

had a say in my life. You too have the ability and power to determine who you want in your life and how you want to spend your time. This is YOUR life. Be ruthless about protecting your time. No one else will do it for you.

Step 5. Make Time For Yourself Everyday

Does that feel selfish? When you think, what do **I** want? What will make **me** happy?

If you think of yourself first *all* of the time, then yes, you could be walking down the selfish road. However, I know that you are a caring person and that you value health.

Sometimes you care *so* much about others happiness and comfort that you forget about your own.

What's one thing you could start doing every day for yourself? Pick something easy that would bring you joy. Write it down below.

Don't wait until the chores are done before you make time for yourself. Even if you are only taking ten minutes for yourself a day, you need it. Could you close your door at work for a few minutes and have a warm drink? Could you squeeze a bath into your day? How would you like to make reading your book for twenty minutes a priority at night? What works for you? **Write down what *this time for you* will look like.**

What I've written here may seem simple and logical. What's challenging is putting these five steps into everyday practice. So, starting right now, discipline yourself to become more self aware, improve your mindset, ask for help, say no more often and make time for yourself every day. Print out this report so you can fill it in and use it as a reminder. I can't wait to hear how your energy and focus are increasing! May today be the day that you start shifting from tired to terrific!

Keep Shining!

Amy

About Amy Englemark

Amy is a leading self care specialist. She provides the rocket fuel that has re-energized and re-focused many professionals personal lives and relationships. As a dynamic speaker, sought after self care expert and acclaimed blogger, Amy helps professionals reignite their relationship with themselves and others and refresh their careers.

As founder and CEO of Amy Englemark Coaching, Amy has helped physicians, health care workers and others in helping professions avoid burnout by making themselves top priority. In addition to her private coaching, Amy offers group coaching and conducts workshops.

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