



## **The Limitless Women Podcast How to Avoid Distractions**

Having a hard time staying on track? There are so many distractions, and it's sometimes difficult to stay focused. In today's podcast, I'll share with you my three tips that will keep you motivated and centered so you can get back on track!

### **Want to skip ahead? Episode Highlights**

- [00:27] You'll learn what will be covered in today's episode!
- [01:09] Discover the three tips that you can use daily to stay on track and avoid distractions.

### **Episode Transcript**

*[MC]* Welcome to the Limitless Women Podcast. Our mission is to help women business owners, like you, grow profitable businesses and actualize your opportunities to serve and give to yourself and others. Here's your host, the founder of Limitless Women, Laura Gisborne.

*[Laura Gisborne]* Thanks for listening to the Limitless Women Podcast. This episode is an excerpt from a video series on business tips I created for you. If you find this valuable and want to have a deeper, longer training, visit the Limitless Women YouTube channel, subscribe and check out the rest of the series.

Let's face it. There's just way too many distractions for every one of us and I think if you're like me, it's too easy to fall into the trap of what other people want you to be doing instead of really getting the things done that you know you need to be doing. What I'd love to share with you is three little tricks that I use each day to help me stay on track in the hopes that they'll help you achieve your goals and get things done that are important to you.

The first is to tap into your self-care. I know that I've talked to you about this before and I just can't tell you enough how important it is for you to stay grounded. What happens when we're not grounded is that everybody else's agenda becomes way too easy for us, so when you start your day each day, I want you to be in your gratitude practice, do your meditation, have your conversation with God, whatever it is that has you feeling great, but do this before you get out of bed. Do this before you turn on a computer. Do this before you get into action with other people. Take care of yourself first.



The second thing that I want you to do each day is to really choose just three things that are the most important things that you need to do today to move the needle in your business, just three. You could choose five, you could choose ten, but if you can choose three, you'll actually get into action with them and feel a whole lot better at the end of the day.

The third thing I want you to do each day is to really look at of the three things you've chosen, is there something that you need to let go of? Is there something that you need to delegate? Chances are if you've been putting it off and procrastinating, it's not in your wheelhouse. It's something that somebody else can do better for you, so the third practice that I really want you to adopt for each day is to ask yourself, "Is this mine? Is this someone else? If I've been procrastinating, is it time to delegate?" Delegate instead of procrastinate. That's the key.

So get up. Take care of yourself first. Really get grounded before you decide what you're going to do. It will help you be strong and build your muscles to stay on track then take a look at what are just three things that you want to do that day. Get them on the calendar. Schedule the time. Make it happen. If you find number three that you're not able to get it done, who can help you with this? Is this something that you want to stop procrastinating on? And turn over to somebody who can help you make it happen.

*[MC]* Did you know that Limitless Women offers an online community, a premiere business school and annual live events? Find out what Limitless Women has for you at [LimitlessWomen.com](http://LimitlessWomen.com).