



## The Limitless Women Podcast The Power of One Minute: Power Up Your Year

### [Stop the Spinning: Moving From Surviving to Thriving](#)

#### Chapter 1

Do you truly understand the value a minute holds? I'm going to share how you can very quickly and very simply reset in just a minute to rejuvenate your day, to get more energy, and to find more time.

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

- [2:13] Find out the three D's of "wake-up calls", which you may have already experienced in your life.
- [04:35] Discover what you have in common with ALL humans and how you can use it to change your life.
- [12:09] Learn what question to ask yourself about your core values and about your goals.

#### **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]* Today's episode is chapter from my book 'Stop the Spinning: Move From Surviving to Thriving'. If you'd like more strategies on how to manage your time, grow your revenue, and improve you mindset, you may download a complimentary copy of the entire book at [www.LauraFreeBook.com](http://www.LauraFreeBook.com). Enjoy the show!

The Power of One Minute. How you spend your time is how you spend your life. We all know only what we know. We experience the world through a filter of our experiences and current knowledge. Have you ever looked back at something that you experienced five or ten years ago and realized that it would appear very differently to you if you experienced it today? Often the experiences that are so painful when we are going through them, give us strength and insight for our future journeys.



Many of the people I meet around the world operate on some type of autopilot. Some strive to grow as children and young adults, but then settle into their lives when they get comfortable and stop looking for opportunities to grow and learn. Their lives appear to be working just fine for them, until one day they have an experience that shakes them to their core. It is what I refer to as “wake-up calls.” Wakeup calls can come in many forms, but for most they seem to happen in one of three ways - I call them the three D’s: Death, Disease, and Divorce. These seem to be the points in peoples’ lives when they realize that what they have been doing hasn’t been working. These wakeup calls provide the impetus to look at life a little differently. '

For some, it is the first time in their lives that they become aware of their mortality and time suddenly becomes important. The first “D” is Death. Experiencing the death of a loved one reminds us not only of our own mortality, but often brings up regrets. We consider everything that we would have liked to have said or done with a person that we no longer have the opportunity to be with anymore. Time has slipped away. The second “D” is Disease. When we, or someone we love, experience a life-threatening illness, the world seems to stop. Our time becomes truly limited, and we must consider what we want to experience or achieve in the time we have left. What will forever remain undone? The third “D” is Divorce. This can be a literal divorce—the end of a marriage—or the dissolution of a significant relationship. Relationships act like a mirror for us. We get to see ourselves in a whole new way when we see how we relate to others. Without being aware of what is happening, we feel that we are complete when we see ourselves reflected back through a relationship. When that reflection no longer exists, we are often left feeling incomplete and begin questioning ourselves and our lives. [03:42 - why do clients seek out Laura? And what each of them has a challenge with.] Clients often seek me out to work with them on creating business systems and structures to increase productivity. Every single one of them to date has had a challenge around his or her relationship with time. This relationship is the most significant game changer for people, both personally and professionally, that I have ever witnessed.

In my twenties and early thirties, I was the poster child for the slogan “I don’t have time.” It didn’t matter who asked me to do something or what they wanted me to do, this was my pat response. I had moved from where I was doing everything I could for anyone and everyone to the opposite end of the spectrum. I became so busy making a living and being self-important that I was completely unconscious in my day-to-day living. Getting divorced showed me how just how self-involved I had become. With two small children at home, I was forced to slow down and take a look at my world. I adored my children, but I did not adore the woman I had grown in to. I slowly became aware of how much pain I had caused myself and others by not being present. By not valuing myself and the relationships I had been gifted, I ended up losing time that could never be recovered. I finally began to get clear on the gift of time and how precious it actually is.



All human beings have exactly the same amount of time on a day-to-day basis. Some live longer or shorter lives, but most people experience the same essential structure of twenty-four hours in a day and seven days in a week. One of the biggest mistakes in life that people make is not honoring their time. Amazing people who create amazing results like Gandhi, Martin Luther King, Nelson Mandela, they all shared the same timeframe that you and I do: twenty-four hours in a day, seven days in a week. The difference is clearly how they chose to spend their time. Most people are completely unaware of how they spend their time. Without some sort of structure, time keeps ticking away.

People who are successful in their lives honor their time and clearly understand that it is a deeply important commodity. People tend to view money as a commodity, but in my opinion time is the only true commodity. We are born and we die. While we are living, the time between these two events is continuously diminishing. When you clearly understand the value of your time, and become aware of how you are spending it, the world suddenly appears as a different place. I would like to suggest an exercise that my clients find very revealing. Find a timer you can set for one minute. (You can find one on the web at [www.Stopwatch.com](http://www.Stopwatch.com), if you don't have one readily available, you probably have one on your telephone.) Set your timer for one minute and then close your eyes, take a deep breath, get comfortable in your chair. Simply be with yourself. You don't have to do anything. There's nothing for you to see or do. The exercise is to sit quietly for one full minute.

Many people are preoccupied with their seeming lack of time. What did you experience when being still for one minute? For me, it always feels like a long time. One quiet, still minute is really a pregnant opportunity. After you become fully aware of the power of one minute, you begin to realize that there are sixty of those in every hour and twenty four hours in every day. A lack of time is often the first excuse I hear from people about why they cannot live a life that they love. Once we realize that we all have the same amount of time, we can choose to view this differently. The second excuse is money. (We will dive deeper into this another time.) Write down everything that you would do and be if you had all the time in the world and all the resources. If time and money were no longer excuses for you not to live a life that you truly love, what would your life look like? This exercise might take a few minutes, but it really is worth completing. The purpose of this work is to move you away from living on autopilot to living a life that you love. When I did this exercise for myself several years ago, I discovered was that my desires fell into categories that were at two ends of the spectrum of possibility. Some felt really easy to achieve, though I had labeled them as not possible or practical due to my lack of time. I discovered that if I had free time, I would like to spend it hiking with my children, reading, exercising, and learning how to play piano. At the opposite end of the spectrum, I listed bigger and more unattainable goals. I would travel to Africa, Australia and New Zealand. I would make a significant impact in my community to support women and children.



This exercise revealed many places in my life where I was playing “small,” or avoiding doing anything at all. I quickly realized that I was very capable of hiking with my children, reading, and exercising if I scheduled these activities into my life. I have now become the poster child for the affirmation of: “Write it down.” By scheduling these activities into my calendar, I was able to find an easy way to get them done and eliminate time as an excuse for not doing what is important to me. As for the bigger goals, I have now been to Africa. I have also worked with a group of parents to build a school in my community. My family and I have traveled all over the world. These passions of mine turned out to be as attainable as those on the “easy” end of the spectrum, but they required more thought and planning.

When you look back at your life, you can see where you’ve been. When you look ahead in your life, do you know what you want it to look like? Can you see where you are going? What can you do to make your future conform to your ideas, instead of somebody else’s idea of what your future should be? Most of my clients indicate that there are lots of things on their list that are easily achievable and some are even simple. It all begins with awareness. Human beings require a discovery process that enables them to turn on their awareness and recognize how they use time as an excuse to keep themselves from experiencing everything they want to experience. I met a powerful woman recently who takes people all over the world on spiritual quests. In the course of our sharing, she told me that since she was eighteen years old that she’d always wanted to go to Spain, which was the birthplace of her father. Her father has now passed away, and she’s fifty-three years old. Although she has taken many trips and seen so many things, she still has a piece missing in her heart. When we did this exercise together she said, “Gosh, if I just had time, I’d go to Spain.” I said, “Okay, I don’t have a calculator here but fifty-three minus eighteen...it seems to me there might have been time to get to Spain, right?” All of us have times in our lives when we say, “Someday I’m going to...” But someday just may not come. Most people never live to see someday. Again, this is where the three Ds come in. They provide an opportunity to take a hard look at your life so that you don't have to live on autopilot. Remember not to get so busy making a living that you forget, this is your life.

Another friend of mine that I was speaking with recently had been diagnosed with fibromyalgia. She’d been a healthy, active, vibrant woman, but all of a sudden, she was in bed every day. She couldn’t understand why this was happening. Life happens while we are not looking. It woke her up to reality and the passage of time and made her appreciate the time she has with the ones she loves. When I was younger, I was an entrepreneur in the restaurant business and I worked seven days a week. People often asked me “Don’t you feel like you don’t have a life?” My answer was, “This is my life.” And then my life changed. I became pregnant with my son and all of a sudden, I wasn't so excited about working seven days a week. We sold everything and moved to the country. It was then that I realized you take yourself wherever you go. Although many factors contributed to the dissolution of my marriage, the bottom line was that I was fully responsible for not creating better communication and not being present to the gifts I had in my life. Each and every one of us has opportunities to get a little clearer about our lives.



If you're listening to this, you have an opportunity to make a discovery for yourself. Take a look at what matters to you most. I have many of my clients do an exercise to discover where they are being stopped by their perception of a lack of time. Most people have a list of big dreams they believe are achievable with more time, but they also discover that there are small wishes that they can easily realize with a little focus. I believe most dreams, both big and small, are more achievable than we believe and getting clarity around our relationship to time goes a long way in making them a reality.

Ask yourself, "What am I not doing by saying I don't have time and money?" Did you make a discovery by looking at what you would be spending your time on if time and money weren't an issue? Understanding and acknowledging this should help you have an idea of what your core values are and what your goals should be. Choose goals that align with what really matters to you. Take a moment and write down what you've discovered you really care about. For many people, the answers are home, family, relationships, spirituality, career, and finances. Can you imagine what it would be like if you could wake up every morning excited about your life? Do you want to continue to feel like you're going through the motions? Do you want to feel like you are passionate and excited every day? You know when you meet somebody who's living their true purpose. They are surrounded by a sort of glow, exuding passion and life. You also know when you meet somebody who's only going through the motions. It could be somebody who you run into in the grocery store. You may get a feeling from that guy behind the counter who is scanning groceries that he is not happy. You also may get the feeling that he's fired up and turned on. Because being fulfilled and inspired, inspires us. This is the kind of life I want to show you how to live for yourself.

When I examined my relationship to time, I discovered that I was not taking care of myself through exercising. I decided to take action and began scheduling myself to take exercise classes. I realized that, without some outside structure, it wasn't going to happen. It was hard to commit initially, but once it became a habit, exercise became something that I look forward to. Ideally, I exercise first thing in the morning, before I even start thinking about anything else. That's because when my brain kicks in, I'm much less likely to do it. I don't have to look pretty. I usually just put my hair into a ponytail and go. When I am near the ocean, I take advantage of the opportunity to start my day with a walk on the beach. What type of exercise would you like to incorporate if you gave yourself permission to give it a try?

People often seek me out to learn how to "get it all done." I do not have a magical formula, but beginning with this focus on time, was the first step for me in gaining momentum. We need to look at the big picture of life, and not be caught up in the details. We're all busy. We're spinning most of the time; that is, we are running on autopilot, always trying to get caught up and yet never realizing that precious time for the things we want is slipping away. By getting clear and focused on how you're spending your time, you will find opportunities for a better, more fulfilling life.



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*[MC]* You've been listening to The Limitless Women Podcast, with your host Laura Gisborne. 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. Are you a Limitless Woman? This is your personal invitation to learn how you can join our online community, grow through our business school and play with us at our live events. Go to [LimitlessWomen.com](http://LimitlessWomen.com) for all the details. That's [LimitlessWomen.com](http://LimitlessWomen.com). Thanks for joining us!