



The Limitless Women Podcast How to Put Yourself First

Do you feel overwhelmed and that there's not enough hours in the day? Listen to today's podcast episode where you'll learn how to stop letting the overwhelm of entrepreneurship run you down and how to put yourself first.

Want to skip head? Episode Highlights

- [02:16] Learn how you can apply the S-E-L-F acronym to your life, so you can create more impact in the world.
- [08:20] Discover what each letter of the C-A-R-E acronym means and how you can feel happier and more successful by applying it to your life.

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.

Are you feeling overwhelmed? Are you feeling like there's just not enough hours in the day? Are you working way harder than you thought you were going to when you started this business? Chances are you're just not putting the right things in the right order.

Today, I'd like to speak with you a little bit about self-care. I've lots of videos about this, and I come back to it again and again, because what I find is that most of my girlfriends who are women on a mission, out to make a difference, really committed to creating impact in the world spend a lot of time and energy putting others before themselves, and then they can't figure out why they're depleted. I want to go over with you an acronym that I created maybe two or three years ago when my good friend Caterina Rando asked me to speak to her audience about self-care.



I also want to remind you that when I can tell you these things from this level of like you can do it, I only know this. I came up with these learnings because I went through a lot of what you're going through right now. I experienced a divorce that I feel fully responsible for. I spent years suffering from ulcers and migraines. I was not the mom I wanted to be when my kids were little. But there are a lot of gifts that I received that helped move from that place where I was doing the best I could, just like you're doing the best you can right now, to a place where my life is really fulfilling. I get to do this work of giving back and making a difference with my work. I want that for you, too.

In our world, we talk about self-care as an acronym. We talk about what are the steps that you need to take each day to fill yourself up as a leader so that you can really stand in your power and make a difference for others. The S in self-care is for sleep. Now, it's non-negotiable. No matter who you are and how strong you are and how focused and mission-driven you are, you need your rest. Especially in this time I'm filming this for you right now where we're about I think six months into the COVID pandemic. We're trying to figure out what's what. I find a lot of people are under stress. They're not getting the rest that they need. You need to make time for your body to heal. Your immune system really needs you to do that. If you're not, if you have a sleepless night, ask yourself, "Can I take a 15-minute break here?" and just go lie down and reset. Over the years, I found, especially because I was pre-pandemic traveling two or three weeks a month, that I really could get a good reset if I could give myself time to disconnect. So do your best to get yourself in a good state before you go to bed. For me, that requires stopping eating a little earlier, stopping drinking a little earlier. Maybe you don't have those things going on. But I certainly know that when I stay up late and I drink too much or eat too much right before bed, I don't have a good night's sleep. So give yourself a chance to disconnect. Really celebrate your day. Relax a little bit and then give yourself space to have a good night's rest.

The E in self-care is around exercise. Now, I'm 54 years old. What I feel like in some ways is the healthiest body I've ever been in after being a young woman struggling with anorexia. I'm really grateful for the body I get to be in today. I can tell you that my body, like your body, needs us to move. There are certain things that your body can heal on its own. There are certain things that need to be a little supported. You can do this simply by walking, simply by stretching. We do a lot of Zoom calls these days. We have our community meetings. We always break with a little yoga. It doesn't have to be complicated. Literally, you can do this in your office. It doesn't have to be a complicated thing. But your body wants you to move a little bit, and the exercise helps with the sleep. So please look at each day, how can you move a little bit. There's a principle called the Pomodoro principle that basically says that we lose our effectiveness and our productivity after an hour of just being focused on one task. Maybe you set a timer for yourself. Get up, stretch, take a walk, drink some water. Just give yourself a little bit of movement so that your body can clear its lymph and you can feel more energized when you come back to the task at hand.



The L in self-care is about letting go. A few years ago, I was watching Oprah. She was interviewing a woman named Byron Katie. Now, I don't know if you know her and I don't really know Byron Katie, but this thing that she said really stuck with me and has stuck with me for years. One of the things they were talking about is how do you face adversity? How do you face a challenge? How do you not take it personally? What Byron Katie said to Oprah is that every time an opportunity shows up or a challenge, she asked herself, "Is this really mine? Is this mine to take on? Or is this really yours?" Oprah was interviewing her. So she was like, "Oprah, is this really yours?" I can say that to Lee while he's standing by the camera. Is this my thing, Lee, or is this your thing? Is it really mine or is it not? Or is this really God's?

I think again, in this time, as I'm shooting this video with you, the pandemic has reached all over the planet. It's touched every country, as far as I know. I don't know if there was like Tobago or somebody that was not being touched. But it really is a global piece. I feel like this is one of those things that's not necessarily mine or yours to cure. This is really God's work. The point of that is that Byron Katie's piece is the filter of "Is this mine? Is this yours? Or is this really God's?" Wherever you are in your belief system, what I want you to think about is to start adopting, asking yourself, "Is this really my job? Is this really my work?" With mission-focused and purpose-driven women, a lot of times we take on things because we think we should. What we're actually doing is not letting things have the natural order or the natural balance that they're here to have. You don't need to make yourself important by doing things that are not your job. You need to be focused and strong in your leadership. So you can do the things that are your job.

The F in self-care in our world is about fuel. Now, again, this is not a judgment about how you eat, but I've got to tell you this. If you're a woman on a mission, you need energy, and you need focus. Therefore, your body needs you to give it some live food. We all grew up knowing that we needed to eat our fruits and vegetables. We kind of remember the food pyramid. Here's a thing that I want to say to you. I personally eat pretty much whatever I want to in the evenings. During the day, when I know I have to be on and I have to be focused, I know that if I'll give my body fresh fruits, if I'll give my body a salad each day and some fresh vegetables, those are the foods that give me the most energy I can have to be focused and clear in my conversations with you.

I want you to think about if you're not already eating a lot of live foods, how can you adapt to those things and bring them in? Only bring them in if you want energy. I'm joking with you a little bit. But I think it's important that you consider this. When you have the time of day that is your highest and best, those are the hours I want you to give your time and energy to your business. Think about if you guys try to set up a call with me, I'm not trying to sound arrogant here, but my calendar is set up where I take calls Monday, Tuesday, Wednesday between 1:00 and 4:00. Because I know that those three hours of the day are when I'm really at my most energetic. I've had all morning to take care of myself, to take care of the things I need to in my systems and really show up 100% focused and present for you. Think about that. In your own schedule, what fuel do you need? What time do you want your energy to be the highest? Give yourself the tools that you need and the resources to make that happen.



The C in self-care is all about community. I joked for many years when I first started doing this work that I had come from being a man in a woman's body. I had a lot of success in some ways learning how to be focused and driven and on it and very masculine. What it cost me was my marriage. What it cost me was my health. What it cost me was the opportunity to be close and connected with other people. I had this idea that if I could just do it all by myself and get everybody out of the way, I could really reach success. The truth is that's not what happened. The truth is that I reached a certain level of financial education and acuity. But my life wasn't rich in relationships. It wasn't rich in health. It wasn't rich in experiences. What I want for you to understand is that only through allowing yourself to be supported, only through receiving, only through collaboration in community are you able to really heal and stop pushing so hard and start receiving.

Listen, giving can't happen without receiving. Receiving can't happen without giving. They're two parts of the same whole. I want you to receive a life that's full and rich in abundance. That's going to require you to surround yourself with others who see you and support you. We have a great community online at limitlesswomen.group. If you're looking for peers, you're looking for girlfriends that get it, that are mission-driven and focused and want to give back and make a difference with their business, come visit us there. We'd love to have you be with us.

The A in self-care is all about asking. Now, asking from a different perspective where you're demanding and you're being aggressive, but asking from a place of clarity.

The R in self-care is about receiving. It doesn't matter if you're good at asking if you don't expect to receive. Listen, you're watching this. I will just say it in a gentle way because who knows where this video goes. Our anatomy is designed to receive. Just think about it. We are here as women on a mission to make a difference, but we can't do it alone. I need you to learn to get really clear about your asks without expectation and without context and story. Story is beautiful, but it's not always the most powerful resource you have when you're making a request to your team members, to your family members, to your community and to God. Get really clear about what it is that you want. Then allow yourself to receive.

That leads us to the final letter in self-care, which is ease. After years of pushing and driving and trying to make things happen, and having some pretty tough consequences as a result of that, I want to tell you that the things that you're pushing so hard for, that are not happening, are probably not yours. It's probably not meant to be that way. If you can get a little more present and a little more aware of those things that are showing up for you gently, those opportunities that are knocking at your door that you're not seeing because you're pushing so hard, the E in self-care is all about ease. You may have a life of ease and flow. It does not have to be so hard. It's not meant to be so hard.



If you found this helpful, visit us online at limitlesswomen.com. We've got oodles of great business tips there for you. If you want to come play with us at one of our live events, the details are there as well. I'd love to be a part of your community, and when we're COVID free, get a chance to hug you in person.

[Laura Gisborne] Are you finding this content useful? Are there other topics or podcast formats you'd like to hear from us? Send an email to podcast@limitlesswomen.com. This is the best way to grow and be of service to our growing community of Limitless Women like you.

[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 for all the details. That's LimitlessWomen.com. Thanks for joining us!