



The Limitless Women Podcast Put Your Self Care First

24 hours. That's how many hours we all have in a day, no matter who we are. How many of those hours do you set aside for yourself? Chances are you are a giver- a giver of your energy, your investment, and your time. If you're feeling exhausted and uninspired, then listen to today's podcast for reasons why putting yourself first creates strong and empowered women who rise up to meet their purpose.

Want to skip ahead? Episode Highlights

[01:00] What happens when women learn to receive instead of solely give?

[01:53] You are here to make a difference- learn how to increase your impact on the world.

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.

Today I want to share with you a shift that I want you to consider making right now. You know, all too often we are a community of givers, it's at the heart of everything we do. And we're always thinking about what we can do for others. But what I've got to tell you is this, one of the secrets to your success lies in you putting yourself first. Time is the great equalizer, you and I have the same amount of time as Oprah Winfrey has, as Barack Obama has, as any great leader has.

And what happens when we put others first all the time without taking care of ourselves is that we come to the game not in our best shape. When you put your selfcare first, when you decide to structure your day around what you need to do, you know, the saying is you fill up your own well. You have a place where you're able to give from the overflow instead of always feeling like you're pushing ahead and pushing hard.

One of the great things that I see happen is that when women learn to receive, when they learn to give to themselves first they start to grow, they start to blossom, they start to really flourish in their leadership. And as a result they start to become magnetic to their ideal clients. They start to become magnetic to team members who not only share their vision but also become integral in bringing the mission of their service to the world.

I want that to happen for you, I want you to actually be in a position where you can be surrounded by great people who support you or you can become magnetic to your ideal clients where your sales become an easy part of the process of your business and it starts with you first. Look at your calendar, look at how you're spending your time and ask yourself, am I putting myself first. Am I structuring the time I need to really take care of my selfcare so that I can bring my very best, my very strongest and my very most impactful self to the world to make the difference that I'm here to make.

I'm Laura Gisborne, it's my pleasure to support you if you're on this journey with me of building a business that uses its profits for purpose..

[Laura Gisborne] If you found this helpful please join us at limitlesswomen.com where you can learn about our Facebook community, our upcoming live events and our business school. If there's any way I can support you please don't hesitate to reach out and I'll look forward to seeing you soon.

[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.