



The Limitless Women Podcast How to Find More Time

Do you ever find yourself stressed and saying "if only I had the time?" Have you lost connection with your loved ones? Are you ashamed that you work around the clock but aren't farther along? We can always make more money but we can't make more time. However, if we look at time in a different way then we can see what abundance we actually have if we use it properly. Listen today and consider what you would be doing differently if you had more time and money.

Want to skip ahead? Episode Highlights

- [03:37] How many minutes are in a day?
- [04:00] What's the S in self-care stand for?
- [05:05] What's the F in self-care stand for?

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.

Today's episode is an excerpt from our last FLOW event. Our FLOW events are created to teach you how to love your numbers and to support you with the systems you need, so that growing your business doesn't have to be so hard.

We'd love to have you come play with us at the next event. So, visit us online at LimitlessWomen.com/flow to learn details of what we've got coming up. I look forward to seeing you there.

[Laura Gisborne] Who wishes there are more hours in a day? Anybody?

Okay. Who besides me has run around saying, I don't have time for that? Anybody? Oh, thank God, I'm not alone. I literally was a poster child for that. I think they even say, I don't have time, they would show a picture of my face when my children were little.



And I can tell you that when Peter and I got divorced, my first husband, Erica was 2 and Jacob was 5. And I became a single mother and I didn't get to have my babies 24/7 anymore because he's a good father and he needed his time and I needed my time.

It was really hard. It was really heartbreaking especially when they left and went away for the holidays. You know, I was sitting at home by myself.

And I got very clear that I was going to make sure that the time I did have with them mattered. And that I would allow myself to stop saying, I don't have time. I will allow myself to stop having money be an excuse, because when I looked at this if I won the lottery and I had all the money in the world, because I wasn't in this mindset, by the way, back then in 1998. If I won the lottery, what would I be doing differently?

And what I realized is that if I won the lottery and had all the money in the world, I'd be taking my children hiking, I'd be reading books with them, I'd be cooking with them. They love to cook. So, it was a bit of a wakeup call for me getting divorced.

And I'm just sharing that with you because right now we've had a great wakeup call as a species. If you go back and listen to the video, I don't know if you're interested in this, but I shot a video, it's kind of my New Year's message for everybody. It's on YouTube and the title is like, COVID and what 2020 was all about. I'm not going to go through it all right now. It's short. I think it's like an 8-minute video on lessons learned.

I got to tell you, this is an opportunity for you. And the time that we get is so precious. You guys know that I had a – you may or may not know. I have really – I had a head-on collision on December 26th and it totaled my car, dent the frame. My car was completely demolished. And today, I'm able to be here with you by the grace of God.

We don't have to have a wakeup call to choose how we spend our time. We get to choose that now. And when you're feeling like you don't have enough time, I came up with a game. Ready for the game? Yeah?

Carlene Cole, nice to see you.

All right. Here is the deal. Does anybody know how many minutes there are in a day? And those of you that did this with Legacy Leaders, don't cheat.



All right. Anybody who's not in Legacy Leaders, you know how many minutes there are in a day? Raise your hand. 1440, Kathleen Hoffman, you got a gold star. All right. 1440 minutes in a day.

What's the S in self-care stand for? Sleep. Sleep.

All right. How much sleep do you need? Most humans from everything I've studied, 7 to 8 hours. 7 to 8, not 78, right? 7 to 8 is supposed to be a good number.

Here's an interesting factoid for you, especially for you [Ellen] because you work with elders. They say that a lot of older people think that they sleep way less, but they start napping. So, they've actually napped it and they still take 7 to 8 hours of sleep a day. They just break it up into little different ways. Isn't that cute? You know, sweet.

All right. So, let's say that you're sleeping for 8 hours a day, 60 minutes in an hour for everybody's math? Yes, everybody is on the same page? That's 480 minutes is 8 hours of sleep. All right?

So, when we do that math, if we did it correctly, is it 960? *[laughs]* We get 960 minutes left after you sleep.

Now, what's the F in self-care? Yeah, somebody call it out. Fuel. Yes. So, we have to fuel our bodies because otherwise our bodies won't continue to go, right?

Now, I would recommend you have a minimum of 3 hours a day of fueling your body. And I'm just talking about cooking nourishing food or gathering nourishing food and having yourself do the activity of eating just as a solo activity.

I want you to understand that there's something beautiful in the reverence for the fuel that's coming into your body. Not food on the go. You know, you can be going, but I'm telling you that there's something beautiful if you allow yourself to have this as part of your rituals, part of your daily practice.

So, we came up with the idea that eating is going to take three hours, give or take three meals a day. That's 60 minutes times 3, which is 180 for eating our fuel. With me? Yes? So, we're at 780, right?

Okay. Anybody know where I'm going with this?

All right. How many hours a day do you want – this is really it, Kris Tyer, how many hours a day do you want for self-care?



[Kris] Oh, gosh.

[Laura Gisborne] I mean, your exercise, your movement, your prayer, your meditation, your, you know, maybe you're doing your nails and your hair, whatever it is, you're taking a bath. How much time do you want each day?

[Kris] Well, I propose 10% of your day.

[Laura Gisborne] Okay.

[Kris] So, 140 minutes, so that's 2 plus hours. Let's round it up with 3 hours.

[Laura Gisborne] That's my number! I love that, Kris. You're going to do that with me.

All right. So, I personally think that 3 hours a day is a reasonable amount of time for self-care. Now, other people might think that that's not necessary, but I got to tell you something.

I have a big mission and I have a strong body and a purpose that requires me to keep a strong body in order to be able to serve and give my way to millions. Get the idea?

Okay. So, 3 hours a day on self-care now puts us at 600 minutes. We're at 1440. We slept, we ate, and we took care of ourselves. With me? Kind of sort of?

All right. Now, how many hours a day do you want to work? It's not a trick question, how many hours a day would you like to work?

We're going to have fun times, Elaine. I love party girls. We're getting there.

All right.

[Female] 3, 4.

[Laura Gisborne] 3? 3 or 4, okay, got it. So, that's how many hours you would like to work. Anybody else?

[Female] I'm going to say 4.

[Laura Gisborne] 4? Okay. Great. 5 for Elaine. Anybody else?

[Female] I'll say 4 to 5.

[Female] 8.



[Laura Gisborne] 4 to 5. Somebody says 8. Okay. Great. You get to choose. This is the bottom line, this is your life. Guess what? We all have 1440. How you choose to break them out is your thing.

But, here is the difference that I want to say to you for those of you that feel overwhelmed by your work, for those of you that feel you don't have enough time for your work, for those of you who feel like you never get it all done.

When I say how many hours you offer your work, I mean, with healthy strong boundaries. You're actually working, you're not doing six things at once, you're doing one thing at once and you're doing it well. With me?

My flow is usually somewhere between 4 and 6 hours on a workday. So, I'm going to choose 6 for the super duper high achievers with big missions and just say if you work 6 hours a day, 360 minutes, and that leaves us with – I can't see my math – 240? Okay, 240.

Here it is, Elaine. 240 divided by 60 is 4 hours, right? Did I do that right? 240 divided by 60, 4 hours. *[laughs]*

All right. Raise your hand and unmute yourself. What are you going to do with those extra 4 hours every day?

[Laura Gisborne] Are you a woman business owner, who's great at what you do, but you're just not as far along as you'd like to be? Each month, I offer a handful of clarity calls to help women just like you. The purpose of these calls is to help you get clear about what your next best step is, so that you can begin to get the results you want and you deserve. There's no fee for the call, but I only offer a few each month. So, please visit me online at LimitlessWomen.com/apply to grab a spot for us right now. If you don't see any times available that work for you right now, please check back. We're always reloading my calendar and I would love to be able to support you. Visit me online at LimitlessWomen.com/apply and get a setup to chat today.

[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!