

# SELF-NURTURING TIME

5 Ways To Create More

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## **Congratulations!**

I want to acknowledge you for recognizing the importance of this topic.

So many women today just keep pushing through each day, never considering their own needs, and hoping that “someday” (whenever that is) they’ll have the time.

Busy professional moms, 40+ are managing careers, family and sometimes aging parents and it can all be exhausting. We’re driven, successful, and do our very best to keep all those plates spinning!

This “spinning”, as important as it is, can take its toll when we don’t take the time we need to recharge and replenish body, mind and soul.

When we don’t take time for ourselves, it doesn’t just affect us, it has an effect on everything we do, undermining the very things we’re trying to accomplish like career tasks and caring for others.

So, let’s get right down to it!

Your Partner in Purpose,



*Dr. Roz*





## Why We Don't Have The Time

Now that we're friends, may I be perfectly honest? Deep down, you don't believe you're worth it. This may be difficult to hear, but just think about it...

If you wear a ring on a daily basis that's a family heirloom or a diamond engagement ring and you're going to the beach, don't you remind yourself that you're wearing it and then make a conscious decision about whether or not you're going to wear it to the beach? Don't you have a special spot where you keep it when it's not on your finger?

You cherish it. It's worth can't even be measured.

What about your baby or someone else's child you took care of? Would you ever have considered not feeding it, or giving it special attention when it was crying?

What's more precious than a human life?

What is YOUR most cherished possession or relationship? You deserve the same caring and attention as these.

*You are a special soul, with special gifts, who is on this earth for a reason, a special purpose, to make a unique contribution.*

*Your fingerprint is unique.*

All of the above are just a few of the reasons for you to consider having an intention, and creating a plan for self-nurturing.

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## Here's the How:

1. Decide that you're worth it. (It can be that simple.) And, think about how, when you, yourself, are feeling cared for and nourished, actually makes you more effective in each of your other daily tasks, whether at work or at home.
2. Start with one thing. Maybe it's 15 minutes of exercising 3 times a week, or journaling once a week. Start small. Put it in your calendar.
3. Decide that it's as important as \_\_\_\_\_ (something you would never skip, like brushing your teeth).
4. Make a list of your obligations. What is just one thing that can be delegated or changed in some way?
5. Reserve specific times only to respond to emails and engage on social media. For instance:
  - Read and respond to email 2 or 3 times a day at specific times.
  - Have a specific timeframe (or times) to respond to messaging, posting, and scrolling.
  - Some people make a rule for themselves not to look at their phone immediately after waking up. It's all about creating boundaries.

Living your life in alignment with your values, including self-worth, allows you to create boundaries without feeling guilty. And the best part? You will be living the best version of yourself, the one that gets to do what's really important, without burning out.

**I'd love to know how this information made a difference for you. I think you'd enjoy my Facebook group where there's more conversation around creating self-nurturing time, and quality living. We'd love to have you!**

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