



Create
A More Balanced
& Fulfilling Life

Stop Stressing & Spinning So You Can
Start Living the Life You Long For!



Hi there, Friend!

If you're anything like I used to be, you sometimes claim the perfectionist title like it's a badge of honor.

You're amazing at what you do, and chances are you associate perfectionism with high standards and high quality work.

But yet...you also feel like somehow your life is out of balance.

Like the things that really matter (AKA, your health, your marriage, your kids, your joy) take a back seat to all of the things that need to be done.

Create space for
what really matters.

JEN RIDAY

What you might not realize is that a sneaky fear lies behind perfectionism: a fear of doing it wrong and of not being "good enough."

You may not have noticed the extent to which perfectionism has you beating yourself up and neglecting your own health.

Or how your desire for perfection is stealthily preventing you from really pursuing your passions while also silently sabotaging your priorities and wrecking your inner peace. And, here's an alarming truth...

High levels of anxiety and stress, common in those with a perfectionist mindset, can contribute to negative health effects and a reduced lifespan.

But there is GOOD NEWS!!



You can bust out of this self-defeating cycle with SELF-CARE and SELF-TALK (and I can teach you what that really means!). Because the most important truth of all is that you ARE good enough!

With the following guide, I want to help you start to break free from the cycle of stress and overwhelm that is often associated with perfectionism by sharing five simple tips to help you take better care of yourself and get more out of your time.

Ultimately, I want to help you change your relationship with yourself so you can be your best self. Happy. Calm. Productive. And living a life you genuinely LOVE.

Let's create a life for you that is better than perfect my friend – starting right now. Everything you need is already inside you. I'm simply here to help you bring it out.



Note: "Deise" is pronounced "Daisy" like the flower



#1 Prioritize Taking Very Good Care of Yourself

I know you've heard it before. I know you feel like there's already not enough time in the day to take care of your kids, your house, and tackle your seemingly never ending to-do list. You're wondering how you can possibly fit in self-care!

I'm going to let you in on a little secret...

You can actually do more high quality, valuable work with less stress and overwhelm when you let go of perfectionism and focus instead on being a high achiever who takes care of herself.

Give yourself permission to take very good care of YOU...FIRST.

Give value to your own needs.

Taking care of yourself is the most essential part of taking care of your kids and others. By caring for yourself, you are caring for them.

Self-care enables you to show up in your motherhood and your life exactly as you desire.

Self-care enables you to pursue your goals (and do it more from a place of passion!).

And the best news I have for you??

It doesn't need to take a lot of time!

A few times a day, stop for just ONE MINUTE and quietly ask yourself, "Is there a better way right now for me to take good care of me?" (Source: "One Minute for Yourself" by Spencer Johnson)

Trust that you will know what is best for you when you pause long enough to see it.



And, know that what you do to take care of yourself will depend on what you are doing or what you are thinking about when you ask yourself this question.

- Maybe it's laughing at yourself or doing something little for yourself.
- Maybe it's appreciating what is happening instead of comparing it to what you think ought to happen.
- Maybe it's taking a minute to breathe and connect with yourself instead of stress eating in the pantry.
- Maybe it's making time to rest or play before tackling the next item on your to-do list.
- Maybe it's making time to read a good book.
- Or maybe it's simply pausing to appreciate yourself and notice the good. To give recognition to all that IS working.

Ultimately, it doesn't matter what you do so long as you genuinely feel like you are taking care of yourself. THAT is the important thing.

Is there a better way for YOU to take care of you right now?

“Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.” - Lucille Ball



#2 Understand What Time Management Really Is

Listen up, friend, this is a good one! Here's a major secret that not a lot of people really stop and think about...

Time is not something we can actually manage.

Time just is.

What we actually want to manage is our own minds and how we think about the time that we have.

If we go through our day constantly telling ourselves that we don't have enough time, then we become physically and emotionally depleted of energy.

But get this: we don't just have energy; we create energy!

Understanding this can revolutionize how you go about your day.

When we talk about time management, what we really want to focus on is how we manage ourselves within time.

The most important thing I can teach you, then, is NOT how to manage hours and days but how to manage your own mind as you THINK about hours and days.

That is the key.

How can you better manage your mind in order to better "manage" your time?



#3 Notice What You Are Thinking & Ask Questions

So maybe you're with me on the whole "manage your mind" aspect that I just explained, but you still don't have the tools to make it happen.

Start by noticing what you are thinking. Then, practice asking yourself useful questions when you feel stressed out or overwhelmed.

Awareness is always the first step.

You may be thinking thoughts like...

- "I don't know where to begin."
- "There's so much to do."
- "It's too much."
- "This is going to take forever."
- "I don't know the best way to do this."
- "I want it to be perfect."
- "I'm so slow."
- "I need more time."
- "Just a few more minutes..."

Sound familiar?!

When we talk to ourselves this way, we are left feeling like we don't have enough time and find ourselves either shutting down or rushing (and ultimately taking longer to get it done!).

Instead, when we notice our thoughts trending this way, we can take a breath, reassure ourselves that everything is figureoutable, and then ask ourselves questions that help redirect our brain.



Questions like:

- “What result am I trying to produce here?”
- “Is there anything I’m trying to do that is unnecessary?”
- “What can I say no to?”
- “How *will* I get this done?”
- “What *do* I have time for?”
- “What one thing *can* I do?”
- “How can I make this more fun?”
- “What if it didn’t have to be perfect? What would B- work look like?”

Our brains love to answer questions. When we ask our brains useful questions and seek to find answers, we will come up with solutions that result in more productivity and peace. How awesome is that?!

But, don’t take my word for it. Try it for yourself and see what happens. Next time you feel overwhelmed, notice what you are thinking. Perhaps you are thinking about all the things you have to do while not actually doing any of those things. Realizing this, ask yourself, “What one thing can I do?” Focus on how there is one thing you can do, find that one thing, do that one thing, and get that one thing done. Break it down into smaller steps and make it doable.

One simple question can shift your focus and change everything. It can help you give yourself the gift of done.



#4 Question Your To-Do List & Seek to Simplify

Do you find yourself wanting to do it all...yourself?

Somehow, many of us moms have been conditioned to think that we have to be Supermom. Our to-do lists catch every task within a mile, and then we feel like we should be able to cross everything off our to-do list single-handedly. But we're forgetting that superheroes have sidekicks!

Questioning our to-do lists is something we don't typically do often enough or critically enough. We get our to-do lists all written down and then we just go full force until we either get it all done or run out of time.

But let's take just a minute and remember that we are ultimately the ones who get to decide what is important enough to make it on our to-do lists!

If you find yourself feeling like a slave to your schedule - too busy to spend quality time with your family, frustrated that you don't exercise more, and constantly plagued with feelings of guilt and shame - it's time to start questioning your list.

“To live a full and meaningful life, you must know what is most important to you - what your priorities are - and live accordingly.” - Marie Forleo



How can you simplify your to-do list to include only the things you really need to get done and thus make more time for what really matters to you, like connecting with your loved ones and tending to your own health?

- Could you swap childcare with another friend or find a babysitter to help you out periodically?
- How about hiring out some house cleaning or yard work?
- What about saying “No” to something you said yes to that you don’t actually really want to do?

Part of your challenge may be in believing you can say, “No.”

Take a moment to really notice that a lot of what you do is optional, and that you can say “no” to things even others expect you to say “yes.” And that this can come from love.

It is never true that you “have” to do what is on your list. There are always more options than you ever realized.

You can find a way to simplify, delegate, and make the most important things happen...just by taking the time to question your list. (Also see “Happy Mom Mindset” by Molly Claire)



#5 Focus on Your Future & Who You Want to Be

Here's another trick our brains like to pull on us...

Our minds have a tendency to look to our past when determining what we are capable of today and in the future.

But the past is not as important as we think it is. This includes as short as one second ago!!

How many times have you gone “all in” on a new habit you want to develop, feeling totally proud of yourself for doing it so “perfectly” the first few days... only to miss a day here...and another there...and then another...until you give up entirely to “try again” later?

- How often do you tell yourself “that didn’t count”?
- How many times have you looked to your past history and decided that you have a hard time with habits and routines? That you struggle to be consistent? That you lack structure and organization?
- How often do you feel like a failure or like something is wrong with you because you haven’t figured something out?

This is an all-or-nothing mindset speaking and it's not serving you in creating the result you want. On top of that, it's simply not true.



“Success is a journey, not a destination. You get to decide if you’re going to wait to feel it until some magical destination arrives and is quickly behind you. Or you get to decide if you want to feel it wherever you go.”

-Caryn Gillen

Being consistent is a practice. It’s not about perfection. The more we practice being consistent, the more consistent we will be.

Focus on this moment and the future you want to create for yourself. Visualize the person you want to be.

Your past is not at all indicative of who you are or what you are capable of achieving. You don’t need to pretend something didn’t happen or “start again tomorrow.”

It happened. So what? What are you going to do right now?

This moment matters most. This moment is all we ever have.

And, here’s the real hard truth...

- You are always in charge.
- You always have the power.
- And you always have a choice.

Your thoughts create your emotions, and you can choose your thoughts! Even when it doesn’t feel like this is true.

Your life experience is created by your thoughts (and that is the best news ever!).



What Now?!



Now you have five actionable tips to significantly improve the way you “manage your time,” so you can get more out of the time you have and live a life you genuinely love.

It is my hope that these tools serve you in achieving your vision for a more balanced and fulfilling life.

Here are a couple ways I can help you get more out of your time:

- **Send me a quick email.**

Let me know what ONE thing you want to take from this guide and how you’re going to start applying it today. And, if there are any parts you’re feeling stuck on, please let me know. Simply shoot me an email at hello@coachingwithdeise.com and I’ll get right back to you.

- **Work with me privately.**

I can help you take this work to the next level in your own life so that you can create a life that feels more balanced and fulfilling - without stress, overwhelm, or perfectionism getting in the way. Just click the button below to book a free call with me and we’ll get all of your questions answered.

BOOK A FREE CALL

This work is my absolute passion, and I look forward to connecting with you, my friend!

