



BIG CHANGE

REQUIRES

small steps

GET IN THE HABIT

LIFE
CHANGING
LINDS



BIG CHANGE REQUIRES *small steps*

Self care is a very trendy phrase these days, with things like taking time to shower, exercise, or get out of the house being glorified as luxurious treats for a mother. But the truth is that there is nothing trendy about taking care of yourself. As mothers we often put our needs last, or ignore them all together. But let's be honest, there is no glory in not taking care of yourself. No one is going to come along and thank you for giving up your shower time today, or for declining another offer to go out with your friends. As well-meaning as our partners are, they often aren't even aware of these daily sacrifices, what your needs are, or the picture in your head of how the day should look.

So, you have to show up for yourself. You have to decide what your non-negotiables are in a day. You have to set some boundaries, delegate tasks to your partner, ask for help, or carve out time for yourself. You will have to learn to communicate these needs clearly. But, perhaps the biggest challenge of all, you will have to learn to sit with the discomfort. It may feel uncomfortable to ask for help, to be away from your kids, to relinquish some control to your partner. Feel the discomfort, power through it, and one day it won't be there anymore.

Now that you've decided to make a change, you need to decide what your non-negotiables are, and start to make a habit of them. Start slow. **Pick 1 or 2 habits** that are feasible, and would really make an impact. Some examples might be *getting up 30 minutes earlier to work out, getting out for a walk after dinner, drinking more water, showering and doing your hair daily, putting your phone away at the dinner table, or taking 15 minutes alone in the morning to drink your coffee and text your friends*. Maybe you feel like you've got the external 'self care' down, and you want to do some inner work by journaling daily. No matter how together we might think we have it, there is always something we can improve!

Remember, no one wakes up a whole new person one morning. Focus on 1-2 changes and stick with them until they become second nature. Then, you can move on to the next habit. Research shows that it takes an average of 66 days to form a habit¹, depending on the person, habit, and circumstances. If 66 days sounds daunting, no worries, I've got you covered with a 21 day version too.

How to use this resource: Print off the following page(s), and write your habit(s) in the box(es). Put it somewhere visible, such as the fridge or your office desk. Simply tick off each successful day and watch your progress. **You've got this!**



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We are what we repeatedly do. Excellence, then, is not an act, but a habit.
-Will Durant

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