Self Care as an Entrepreneur 

Discussion and Questions

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1. **Don’t get bombarded with what others say is self care. What works for them, may not for you. Self care is a very personal matter**

I. What is your personal definition of self care?

1. **Know yourself well enough to create your own routine**

I. Selfcare examples that are somebody else's expectations - not yours

II. Figure out what works for you (start up/close down routine).

III.What do you need to be successful and fulfilled?

1. **Realize that your definition of self care may change with age, business changes and family life, as well**
2. A routine does not have to be rigid
3. **Common misconceptions about self care is that it will always cost too much money. Don’t fall for the lie!**
4. List out all the things you enjoy doing/ refresh and add new things in
5. **Time Audit**
6. Track where you time goes every ½ hour for a week
   * 1. Can you start saying No to any of the things that are no longer serving you? Do not feel guilty putting yourself first
     2. Many people let others dictate their time
7. **You cannot pour from an empty cup**

**Activity Sheet**

**Start up routine:** Name 3 things YOU want do in the morning to make you feel good to start your day?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Close down routine:** Name 3 things YOU can do in the evening to wind down?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Write one thing that you will say no to next week to give you more space for self care.**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Time Audit**

Fill out a time audit for a week then ask yourself these questions:

What do I need to continue doing?

What do I need to stop doing?

What do I need to start doing?

What do I need to do more of?

What do I need to do less of?

**What small changes you can make to free up your time?**