

Radical Self-Care and Time Management

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Radical Self-Care & Time Management

*Strategies for Leveraging Time to
Support Our Well-Being*

What Is Radical Self-Care?

Radical self-care is more than a day of pampering or taking a bubble bath.

It's about taking care of things at the source rather than just sugarcoating or managing the symptoms.



Why Do We Struggle with Radical Self-Care?

- Lack of role modeling
- Fear of facing reality
- Productivity focused culture
- Belief that we are undeserving
- Survival vs. thriving mindset

What's Your Relationship with Time

How did you experience time as a child?

When did you start feeling like time management was challenging?

Where do you struggle using time as a tool?

What Are the Common Time Management Traps?

- Distraction
- Busyness
- Everything Is Important
- People Pleasing
- Not Enough Hours in the Day



Why Is Clarity of Purpose Critical?

- ❑ Enables Focus and Combats Distraction
- ❑ Ensures Time Is Used Meaningfully vs. Just Staying Busy
- ❑ Clarifies What Is Truly Important vs. Everything Is Important
- ❑ Creates a Higher Calling vs. Validation through People Pleasing
- ❑ Honors the Finite Nature of Time



How Do You Use Energy Time Management?

- When is your tank the fullest for different activities?
- What kind of fuel do you need?
- What regimen keeps you tuned up and ready?



Are You Managing Time Expectations?

- Get clear about what's needed vs. what others want
- Offer options and clarify trade offs
- Clarify reality and be open to creativity



Boundary Time Management

Use a calendar and create cushion time

Be the scheduler whenever possible

Pay yourself first



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