

Radical Self-Care and Time Management

Prepared by:
Heather MacArthur
The Executive Advisory



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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

How Do We Master It?

- ☐ Get clear about your Purpose on the Planet (P.O.P.)
 - ☐ Use everything else as a brick to achieve your P.O.P.
 - ☐ Believe you can have and do what you need to achieve your P.O.P.
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1. You're 101 years old. What do you want to be able to say about your life?

2. What are the top three areas you want to experience your time in?

3. How do you want to experience your time in those areas?

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



Contact Info:

Heather MacArthur

hmacarthur@theexecutiveadvisory.com

(818)907-1178



LORMAN[®]

📍 2510 Alpine Road Eau Claire, WI 54703

💻 www.lorman.com ☎ 866-352-9539 ✉ customerservice@lorman.com



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