



Dream!

Discover!

Dare!

Elizabeth

"Time strategies to create  
a brilliant life in a burnt-out world"

## Obstacle #1

**Making time and space to think, to meditate, to process and to reflect isn't a real, important priority.**

**The Truth:** Taking time to think, to process, to meditate, to reflect or to do anything else that you find gives you a greater sense of peace and order is not just a "nice idea" but an absolutely essential part of living a balanced, peaceful, aligned, centered and calm life.

**Here are just a few reasons why this is true:**

- Every single day, we take in many "inputs" both mentally and emotionally. Many of them have very little impact on us, but others of them get stuck inside of us if they're not processed and released. When we don't take time and space to reflect on what has happened to us, we can end up with the equivalent of heaps of garbage inside ourselves. By taking time to regularly process, reflect and release what's happened to us each day, we create a clean, clear, uncluttered internal environment.
- You and the circumstances in your life are constantly adapting and changing and morphing. When you don't take time to step back and reflect, you can start to lose sight of what's really most important to you now. This can manifest itself in a couple of ways: 1) You continue to allow outdated priorities to dictate how you think and behave now. 2) You subconsciously start to take on the mindset and priorities of the people around you, even if you wouldn't consciously say that you wanted to be like them.
- When you don't take time to step back and reflect, you often fail to learn and grow from your past experience so you repeat the same mistakes. You also lessen your ability to feel at peace with what you're doing (and not doing in the moment) and you experience a lower sense of engagement with the present. Finally, you give away your power to shape and create your future because you're not proactively aligning your life with your values.

## How to Break Free!

**To overcome the temptation to devalue quiet time, here are two practical action steps that you can start taking today:**



1. Come up with at least one personally compelling reason why this time is a legitimate priority. When you feel a desire to put off this activity or start to feel guilty that you're taking time to stop and think, repeat your reason to yourself.

**Example:** It is important for me to stop and think because I am then able to clearly understand my priorities for the day.

2. Decide on a high frequency "trigger event" that you can only do after you spend time in quiet. This will remind you to take time for reflection & help you make it a priority.

**Example:** Before I go to bed, I will spend 10 minutes journaling. OR Before I turn on my computer at work, I will write down my top three priorities for the day.

**To Your Brilliance!**