



Dream!

Discover!

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

Dare!

Elizabeth

## Obstacle #2

**I'm not worthy of this luxury.**

**The Truth:** Having some time to think and reflect each day is a legitimate need, not a frivolous luxury. Just like eating, sleeping, and breathing, having time for our minds and hearts to slow down and unwind is essential to overall health and wellness.

**If you find the you're struggling with the sense of being "worthy,"** I would like you to take some time (even just a minute right now) to ask yourself:

- Why do I feel this way?
- Why does spending this time on myself fill me with guilt?
- Do I feel like this about all types of self care activities or is there something in particular about not "looking active" that makes me feel badly?
- Has someone criticized me or made a comment in the past that made me feel ashamed of wanting or asking for this time?

Pay attention to what mental patterns you discover when you ask yourself these questions. Then, challenge yourself to consider whether those ways of thinking are true and working well for you. If they are not, you can choose then decide on new mental patterns that free you to take a break without guilt.

They might sound something like this:

- Taking time to think is a legitimate need.
- Alone time is not a reward reserved for when I've "done enough," it's a necessary function for living life well.
- There's nothing wrong with me, and I'm not a bad or selfish person if I need more time alone than some other people.

## How to Break Free!

**Once you've reflected on the above questions and started to develop a sense of "worthiness," I would like you to use these techniques to free yourself to make space for inner peace:**

1. Get clear about what is a reasonable block of time for you to spend processing life.



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**Example:** I spend the 30 minutes on my way to and from work meditating. OR I take an hour each morning to journal, read and think. OR When I start to feel overwhelmed, I take a quick walk and clear my head.

2. Imagine that someone you really cared about came to you and said that they were really struggling with feeling peaceful and needed more time for reflecting on life. Now imagine: How would you respond to them? What would you say? What would you do?

Now, think about how you could show yourself that same level of compassion, care, concern, support & understanding.

**To Your Brilliance!**