

Life Hacks for the SuperStar

Before I get out of bed, I will ask myself, "I wonder what the best part of my day will be"

>By putting your mind in the curious wonder state, is a more empowering start to your day than the average alternative.

I know that if I do not fill my cup first, I have nothing to give ANYONE.

>Our generation tends to give, give, give to our clients, family, friends, etc, and we feel spent. You can't give what you don't have. Take time to fill up with fun and joyful activities - you can give MORE that way.

One area that I will automate is (fill in the blank)

>Decision fatigue is real, and it has a super depressing name. What are you going to take off your plate? Cleaning the house? Grocery shopping? Bill payments?

I will change "I have to" with "I get to" from now on remembering how blessed I am.

> How you frame a task changes your attention and energy before, during, and after the task. It may not change the task itself, but by changing your state in regards to the task, makes all the difference.

Tasks that I do not necessarily LOVE will now get a super fantastic NEW NAME

> I have a quarterly business mtg with my husband where we go through all of the details of our business, the good, the bad, and the ugly. I call it our ThunderCats Unite mtg. By making it sound fun, it gets my brain more excited instead of thinking of how daunting of a task it can really be.

When I need to take a break from a task, I will have an email unsubscribe party.

>Take more distractions out of your life.

I LOVE the power of NO, it allows an opportunity of growth for someone else to step up

>If you say Yes to everything, there is no time left for you. This is not just about volunteering, this is regarding all of the “Shoulds” in life.

When I am feeling overwhelmed, I will do a brain dump. I will then categorize & prioritize from there.

> This is my favorite Calm Downer activity. When it feels like there is too much going on between your ears, get a pen and paper and write it all down in list form until your mind is empty. You will see that some things are just repeating themselves and feeling bigger than they really are. After you have the list, chunk like outcomes together and prioritize from there. Don't let your mind make you feel like you live in crazy town.

Unless it is a scheduled work task, I will check my social media 2x/day max. Comparison is Creative Kryptonite.

>We all know that the rabbithole of FB is draining your productivity and your valuable time.

I will pick my battles with a focus on what is important to me.

>don't fight your kids on every clothing choice, time lines are somewhat negotiable, road rage is for crazy people. Breathe and choose battles that are important to you.

Courage comes from knowing I am doing the right thing.

>No explanation needed

I will end my day with The Bestest Detective to put myself at ease and celebrate how great my life truly is.

>Each night I ask myself, “What was the best thing that happened to me today?” Not only do you realize how great your day REALLY was, it overpowers the panic of whatever is swimming around in your mind. It sets the tone for you to sleep in a state of gratitude and calm.