



For Your Own Good, Give Yourself An Embrace - of Personal Space!

By Liz DiMarco Weinmann

There's no better time than a new year to establish new habits for your own well-being. If you're like most women, you make time to take care of almost everyone but yourself. If you're neglecting your physical, emotional, and intellectual health, you need to embrace some space - for yourself! Without taking care of your own needs, you could be gasping for some fresh air.

Think "there are only seven days in a week!""? These seven ideas can help.

1. Create a design for living the rest of your life. Write down or create a vision board of your Before, Now and Future.

Small section: what you dreamed and excelled at between ages 10-18;

Small section: what you dreamed and achieved between 18 and now;

As much space as you want: Think about your vision of the "perfect life," as if you are looking back in your old age. Then decide what you are dealing with that's keeping you from that vision, and what you need to do now to reach that vision.

Be sure to revisit and revise these last three as your priorities change.

2. Ready, Set, Take Aim. Aims help you target, prioritize, and drive your life. Set as follows, for:

- a. Next five years
- b. Current year
- c. Next six months

d. Current month, week, day, hours

3. Always in a Race? Protect your Space! "No" time to exercise? Need to better manage your finances? Longing to finish a personal project that's lurking? Set a *deadline, schedule* time every day or every week to work on it, when you know you'll actually do it. Otherwise, it won't happen.

4. Read it and reap. Start a daily journal, password it. Write what's making you happy, driving you crazy, or whatever else is on your mind. Generate ideas for what you really want and need to accomplish *for yourself* - that day, the next day and so forth.

5. Deal with it - lead with your strengths. Many women focus too much on their own weaknesses and external obstacles. Laser in on your strengths - what you do well that you actually *like* to do. Strengths help you maximize opportunities, diminish weaknesses and defuse obstacles.

6. Unwind your mind! There are at least seven kinds of intelligence: verbal, mathematical, spatial, musical, bodily, intrapersonal and interpersonal. Learn to do things better, do better things, and tackle your priorities more productively. All help you become more adaptable, flexible and resourceful.

7. Rally others to your priorities! Is your multi-tasking about sustaining others' approval, acceptance and loyalty? If it's leaving you with no time to plan, exercise, eat right, unwind your mind through journaling, and doing other life-affirming activities for yourself, then you need to rally your family, work team or other support to help you.

Not enough hours in a day, or days in a week? Embrace your space! *Sometimes it really does have to be all about you.*

Liz DiMarco Weinmann is the Founder and CEO of The DARE-Force Corporation (www.thedareforce.com), an educational resources company whose mission is to inspire visionary, intelligent and motivated individuals who want to pursue, develop and lead new and fulfilling ventures in their personal lives, careers and communities. She is the author of *Get DARE From Here! - 12 Principles and Practices For Women Over 40 To Take Stock, Take Action and Take Charge of the Rest Of Their Lives*, from which this article was excerpted and adapted for Blush. (Visit <http://www.thedareforce.com>, download a free chapter.)