

MODULE 13

Self leadership - showing up to yourself in life & business

PRESENTER: LORI MILNER, AUTHOR, BUSINESS COACH, FOUNDER OF BEYOND THE DRESS





Lori Milner

Author, speaker, trainer,
business coach, founder of
Beyond the Dress





To do list:

1. *So*
2. *Many*
3. *Things*

PRIORITISE

What will have the biggest impact to bring you closer to your goals?

Always know the one thing you need to get done during the day, what task will keep you up at night if not done?



**Scheduling devices -
Calendars**

Our calendars make the perfect tool to **guide our daily accomplishments.**

If you really want to get something done, decide when and where you are going to do it.

Your calendar should be sacred territory. If you write something there, it must get done that day or not at all.



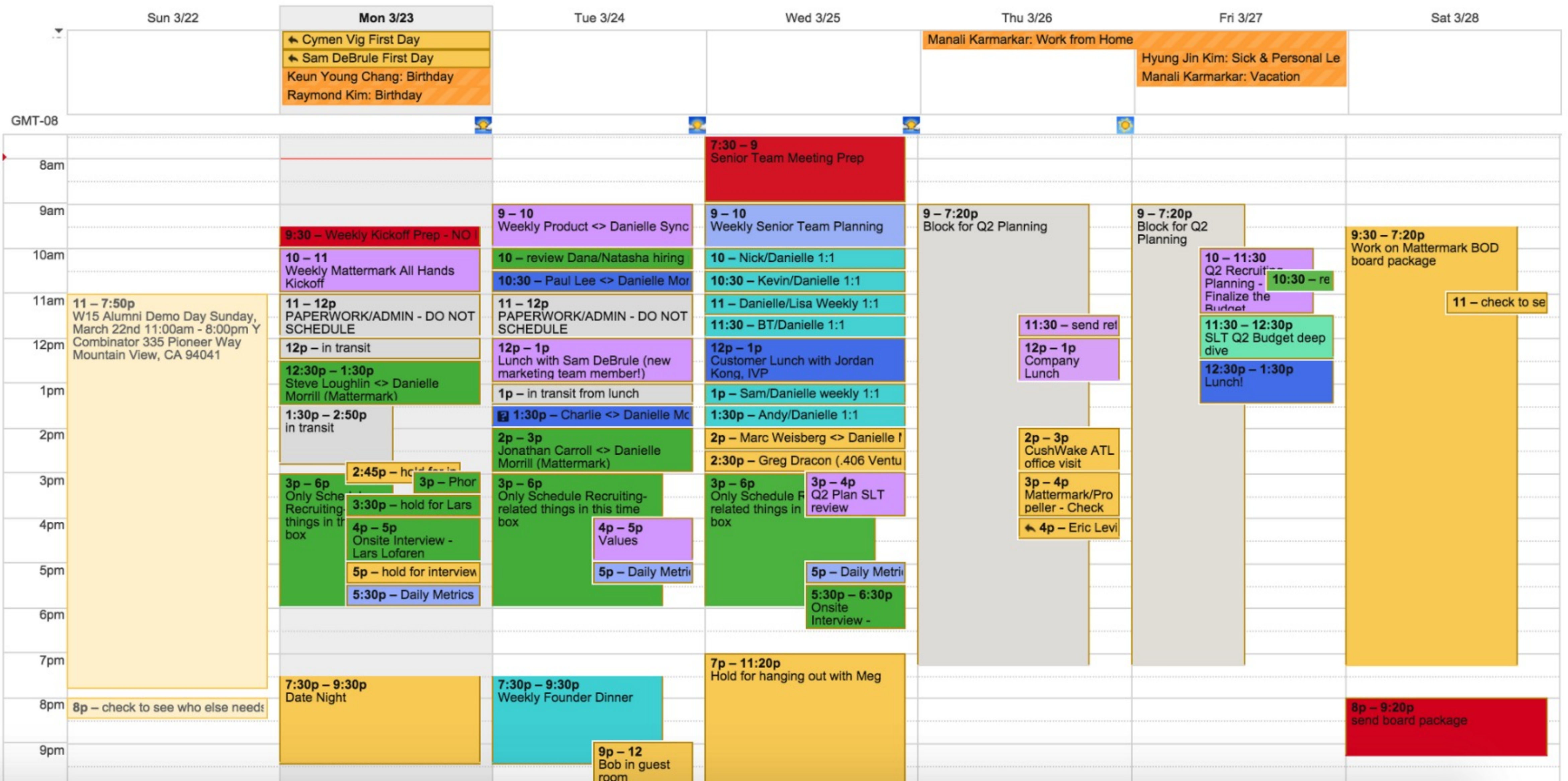
#SHOWMEYOURCALENDAR



Calendar tips



- Focus on the most important task before checking your inbox.
- Your personal life is not in the way, it is on the way – schedule it like a meeting.
- Plan your week before you are in it – with a twist!
- Schedule planning time & me time.
- Is that a dream or a goal? If it isn't on the calendar, it isn't real....
- When it doesn't go according to your plan – just let it go



**What are your
non-negotiables?**





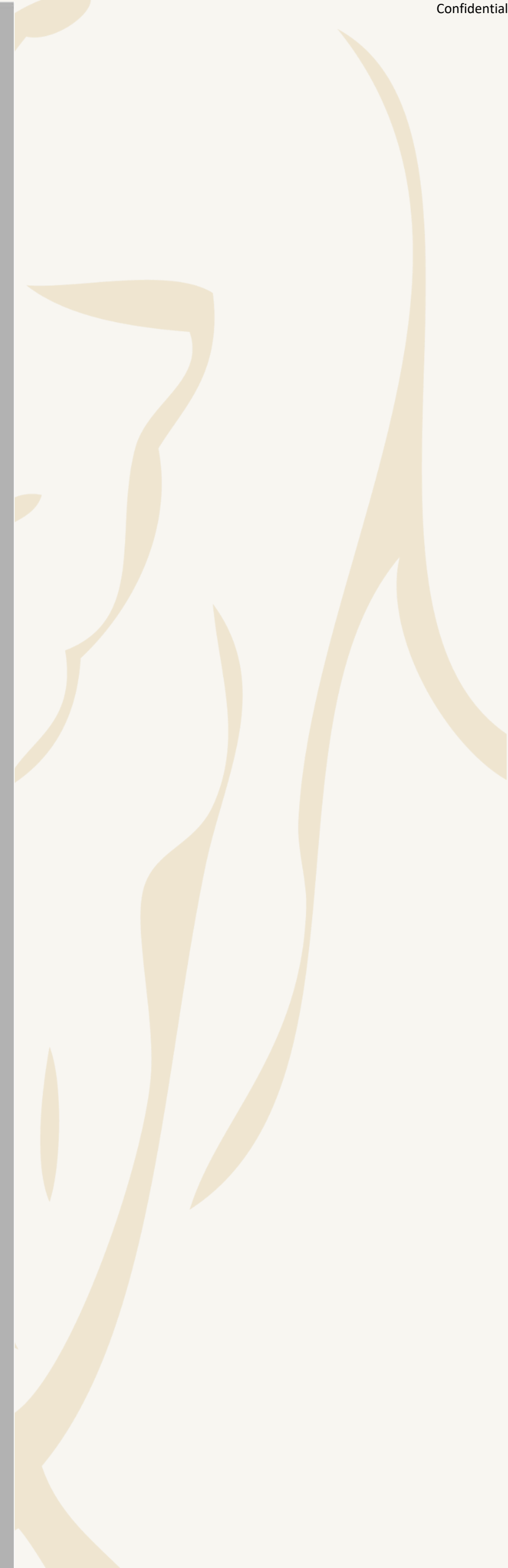
**You Don't need
more time.**

**You need to stop
second guessing
yourself how you
spend it.**



DESIGN YOUR LIFE IN SUCH A WAY THAT
YOU WOULD NEVER NEED A VACATION
FROM IT.

- *BORUCH AKBOSH*



IF WE DO NOT CREATE
AND CONTROL OUR
ENVIRONMENT, OUR
ENVIRONMENT CREATES
AND CONTROLS US.—DR.
MARSHALL GOLDSMITH

Benjamin Hardy

Willpower Doesn't Work: Discover the Hidden Keys to Success

#kindlequotes



REPLACE BALANCE WITH HARMONY



Harmony = Presence - Guilt



Quality

Two hand-drawn hearts in a dark blue color, one larger than the other, positioned to the right of the word 'Quality'.

Quantity

“**Nobody's life is ever all balanced.** It's a conscious decision to choose your priorities every day.”

Elisabeth Hasselbeck

BTD

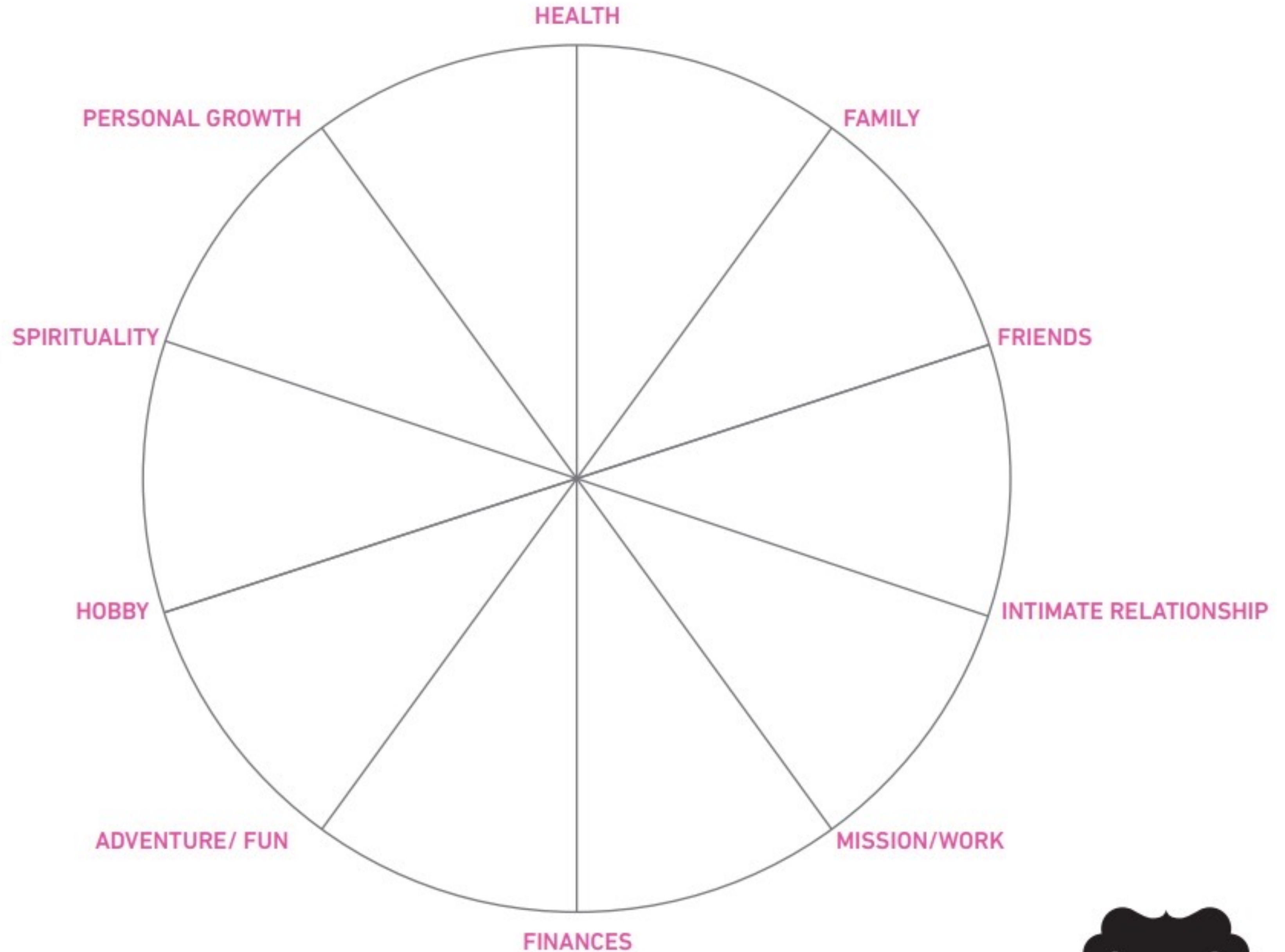


Give yourself a score from 1 to 10 on how you rate in each area of your life based on the last 30 days.

Write a new habit you are going to commit to in each area to ensure you are living a more balanced life where self-care is a priority.

Remember – by making more space for yourself, you achieve more – not less.

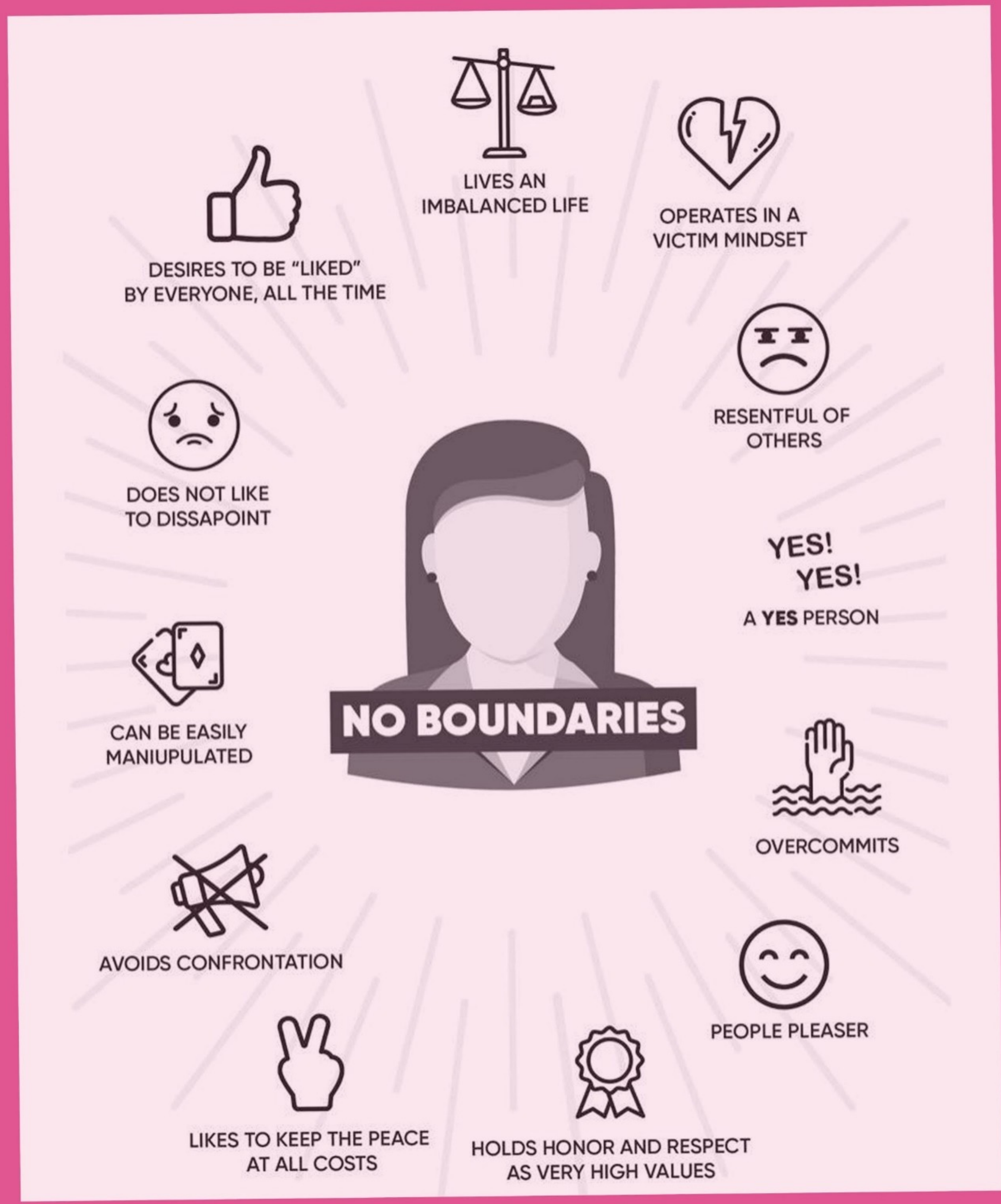
Score (1=Low Agreement; 10=I'm Showing up to myself)





SET A QUITTING TIME











**KEEP CALM
AND JUST
SAY NO**



- Am I saying yes out of guilt or fear. If so, then it's a polite no.
- Does it spark joy?
- Does it energise me personally or creatively?
- Does this excite me?

You have to decide what your highest priorities are and have the courage pleasantly, smilingly, and non-apologetically – to say no to other things. And the way to do that is by having a bigger yes burning inside.

– *STEPHEN COVEY*



Reflection stop point



- **Are you comfortable saying no when appropriate? Do you avoid conflict to the extent that you fill your work and life with activities that keep you from things that are more important?**
- **Do you often hear yourself saying that you do your best work under pressure?**
- **Why do you say that? What are the consequences in terms of your life and the quality of your results?**

REPLACE
FOMO
WITH
JOMO



A background image of Warren Buffett, an elderly man with white hair and glasses, wearing a dark suit, white shirt, and a red tie with white polka dots. He is looking slightly to the right of the camera.

BTD

“

The difference between successful people and really successful people is that **really successful people say no to almost everything**

”

- *WARREN BUFFETT*



Only once you **give yourself permission to stop** trying to do it all, to stop saying yes to everyone, can you **make your highest contribution towards the THINGS THAT REALLY MATTER.**





"Who you are, what you think, feel, and do, what you love — **is the sum of what you focus on**"

- *Cal Newport*

Deep Work: Rules for Focused Success in a Distracted World

#kindlequotes



'IT IS NOT JOY THAT MAKES US
GRATEFUL; IT IS GRATITUDE
THAT MAKES US JOYFUL'

- Brene Brown



Let go of control





beyond
THE DRESS

ANXIETY =
Uncertainty x Powerlessness

What to do about it...

What I Know	What I don't Know	What I can Influence	What I Can't Control
--------------------	--------------------------	-----------------------------	-----------------------------







Creating significance

out of suffering

- What values was it trying to remind you of?
- Why is it so painful?
- What is this here to teach you?
- How can you grow from this?
- What information is the event revealing to you?
- What did you not understand that you now understand?
- What new ideas, questions or values are you now exploring because of that?
- Why is it happening right now?
- How is life happening for you and not to you?
- How is this experience on the way and not in the way?
- How can you think about this challenge in a new way?
- How can you transform meaning as fuel?



“

You feel the way you think.

*When you can change the way you
THINK, you can change the way you
FEEL.*”

David D. Burns



PRACTICE SELF-CARE



MIND THE GAP



**MICRO WINS ARE
THE ANTIDOTE TO
INACTION**

- LORI MILNER



CONFIDENCE

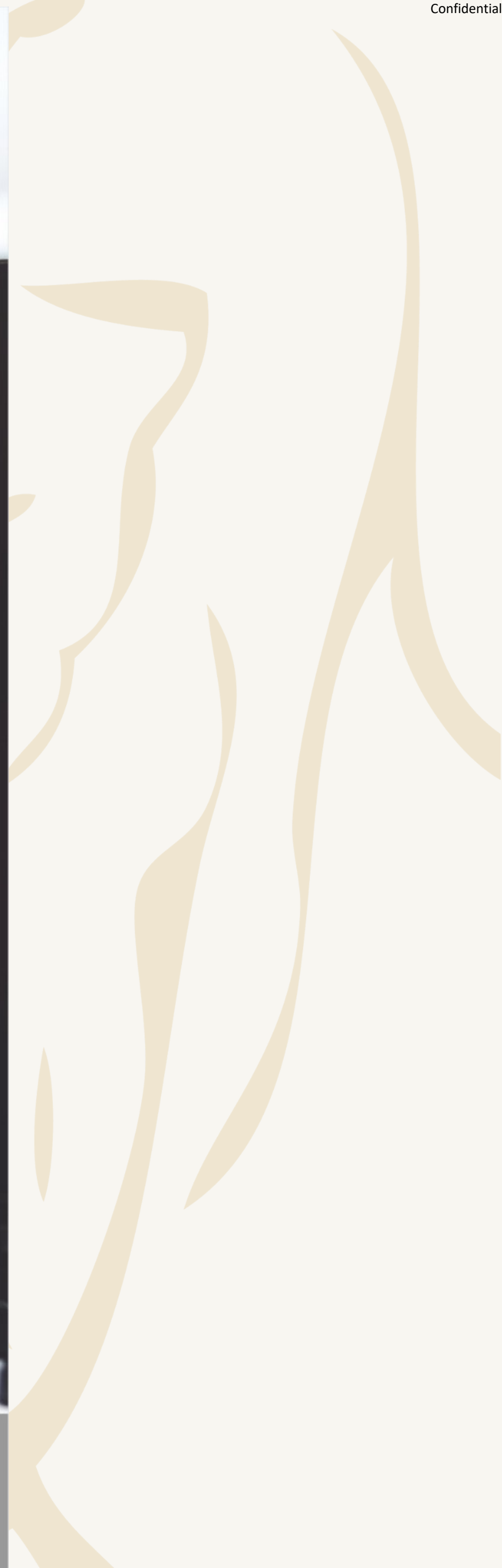
IS DIRECTLY PROPORTIONAL TO THE
PROMISES YOU KEEP TO YOURSELF



CONSISTENCY



OWN YOUR MORNINGS



“

YOUR EVENING ROUTINE IS
ABOUT TAKING THE DECISIONS
OUT OF YOUR MORNING

– BENJAMIN HARDY

”

beyond
THE DRESS



To do list:

1. *So*
2. *Many*
3. *Things*

YOUR JOB IS TO FIGURE OUT WHICH
BEHAVIOURS FEED YOUR SOUL AND WHICH
LEAVE YOU RUNNING ON EMPTY



– CHASE JARVIS, CREATIVE CALLING





What energises you?

- What are the things that naturally energise you?
- What do you like to learn about?
- What would you do for free?
- Whose life are you interested in or envious of?
- How can you add more of these things into your life?

- What depletes you?
- How can you remove one of these things from your life today?

**IF YOU TALK ABOUT IT, IT'S A
DREAM, IF YOU ENVISION IT,
IT'S POSSIBLE, BUT IF YOU
SCHEDULE IT, IT'S REAL.**

– TONY ROBBINS



CHOOSE TIME
ABUNDANCE OVER
TIME SCARCITY

**SELF CARE
= SELF LEADERSHIP**

By making more space for yourself,
you achieve more - not less

– LORI MILNER



“

YOU ARE RESPONSIBLE FOR THE ENERGY
THAT **YOU** CREATE FOR YOURSELF, AND
YOU'RE RESPONSIBLE FOR THE ENERGY
THAT **YOU** BRING TO OTHERS

”

– OPRAH WINFREY

beyond
THE DRESS

PROCRASTINATION ISN'T A
TIME-MANAGEMENT ISSUE.
**PROCRASTINATION IS AN
EMOTION-MANAGEMENT ISSUE**

WWW.BEYONDTHE DRESS.CO.ZA



The challenge, it turns out, isn't in perfecting your ability to know when to start and when to stand by. **The challenge is getting into the habit of starting.**





Think small. 1-4 STEPS OF THESE EDUCATION ARE A PLANNED WORKING IN.

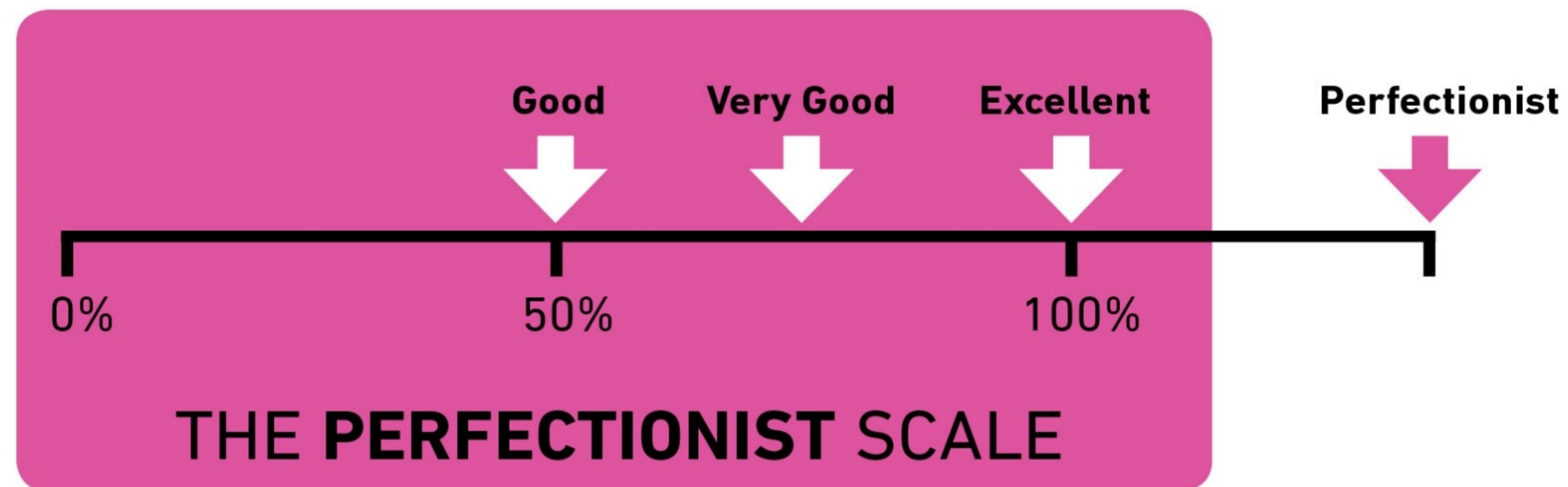


'DOING IS BETTER THAN PERFECT'

Expectations to do things perfectly are stifling.

The world rewards productivity, not perfection.

There is no such thing as the right time



**'PROGRESS,
NOT PERFECTION,
IS WHAT WE SHOULD BE
ASKING OF OURSELVES.'**

- JULIA CAMERON

Reframe perfection to contribution





Self-compassion

- *“You’ve been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens.”*
- — Louise Hay

A woman with long dark hair, wearing a bright yellow dress and brown sandals, is sitting on a dark, mossy rock. She is looking out over a serene landscape. In the foreground, there is a calm lake with clear, turquoise water. The middle ground shows a lush green valley with a small wooden cabin and a path leading through the trees. In the background, there are steep, rocky mountains with patches of green forest. The sky is a clear, pale blue. The overall mood is peaceful and contemplative.

**THE TIME TO RELAX IS
WHEN YOU DON'T HAVE
TIME FOR IT.**

– SYDNEY HARRIS

“ Only you can take
inner freedom away
from yourself, or give
it to yourself.
Nobody else can. ”

– *Michael A. Singer, The Untethered Soul*



**EVERY NEXT LEVEL OF
YOUR LIFE WILL DEMAND A
DIFFERENT YOU**

– LEONARDO DICAPRIO





**Have a vision of
your future self**

- What is their day-to-day life like?
- What do they stand for?
- How much money do they make?
- What type of clothes do they wear?
- How do they interact with other people?
- How do they view their present and future?
- What is their purpose?
- Where do they live?
- Who are their friends?
- What skills and talents do they have?



**Have a vision of
your future self**

- What time would they wake up?
- What would they do first thing in the morning?
- What is their body and health like?
- What would they do for personal fulfillment?
- What are their relationships like?
- What would their thoughts be as they go to sleep?
- What would they eat for breakfast, lunch and dinner?
- What would they talk about over dinner?
- Who are they enjoying their meals with?

YOU CAN CREATE YOURSELF INTO THE
PERSON YOU WANT TO BE BY BEHAVING
YOURSELF INTO THE PERSON YOU WANT
TO BECOME

- *BENJAMIN HARDY*



Intention
is
everything





REFLECTION



Reflection stop point



- Where have I experienced challenge?
- How did I deal with it?
- What did I learn?
- Knowing what I do now, what would I do differently?
- What would my 80 year old self tell me to do?

MICRO BRAVERY





Resilience in action

J.K. Rowling is the second-highest-paid author in the world, behind the prolific James Patterson

Books no longer account for most of her earnings: Rowling's biggest cash cow is **Universal Studios' "Wizarding World" attractions**

J.K. Rowling's net worth has been estimated to range from \$650 million to \$1.2 billion

J.K Rowling was on welfare when she started writing the books

She was **rejected 12 times** before her manuscript was accepted



YOU CAN'T GO BACK AND
CHANGE THE BEGINNING, BUT
YOU CAN START WHERE YOU ARE
AND CHANGE THE ENDING.



C. S. LEWIS



RATHER THAN ASKING: "WHAT WOULD I LIKE TO DO TODAY?" YOU COULD ASK, **"WHAT WOULD MY FUTURE SELF WANT ME TO DO TODAY?"**

– BENJAMIN HARDY



Q & A



Any questions?

Sunlight



WOMEN ENTREPRENEURS START-UP ACCELERATOR PROGRAMME

It's your time to shine!



INFO@ANTOGRACE.COM

WELCOME TO ANTOGRACE MEN