



## Why You Don't Have Enough Time to Do the Things That Matter to You and What to Do About It

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Why doesn't there ever seem to be enough time to do everything?

Do you say this to yourself (or out loud) more times than you'd care to admit? Could you use more time in your day, week, or month? What would you do if you had 5 more hours in your day, or even just one extra hour?

Do you think you'd finally tackle some of the higher order items on your list? You know, those things you say you *really* need to and want to do? Like sleep more. Or finally sit down to write that book. Or engage in some type of physical fitness activity more than just once or twice a week.

Well, I would challenge that not much would change if you had more time.

Hear me out. I'm speaking from experience.

Time can be like money. We think we wouldn't struggle with some, or many, of the things we do if we had more of either. But even if adding more time or more money into the mix seems to have given us more of what we want at the onset, it doesn't last. Case in point, and I know you've probably heard this, why do so many lottery winners go broke or end off worse financially a few years after they acquire what they believed would be the panacea?

Why? Because the issue is not with the commodity itself, time in this case. The issue is with the behind-the-scenes stuff running the show, namely mindset. If you work with your mindset (uncover what's actually there and work with that) **then** your efforts of restructuring your time may bear more fruit. And you may most likely discover that you already have all the time you need.

I created the accompanying worksheet for a workshop I gave addressing the popular excuse people give as to why they don't exercise regularly: they're just too busy. In other words, there's not enough time to exercise.

I called bollocks on that. Personally speaking, if I'm not investing the time and energy into something I say is important to me, then I have to get down and dirty honest with myself. Is it really as important to me as I say it is? Or is there another block, in the form of strategy or belief, getting in the way of my investing the time and energy into that thing? The accompanying worksheet will help you discover which scenario is the case for you.

But once I did it, it actually alleviated the pain pressure around it nagging in the back of my head.

I'll give you a specific example. I quit my full time job to increase my quality of life and to use my time actually doing the things I wanted to be doing. I had been saying that one of the reasons why I wasn't making as much traction in my business was because I was spending so much time at my full time job.

But guess what? Within two weeks of no longer having that job, I was accomplishing about the same, and sometimes less, for my business than I was when during my full-time employment.

I had to get real with myself. What was going on, V?

After going through a similar process as outlined in this worksheet, I discovered what was behind my inaction:

Truth was, I was scared.

Truth was, I needed to give myself space and time to grieve the time I had lost working for other people in industries and doing work that meant very little to me.

Truth was, I needed to give myself space to heal emotionally and spiritually.

Truth was, it was more important for me to take care of my emotional and mental health from having undergone such a huge transition and from the ramifications of having worked almost 5 years in a place that I was not passionate about at all.

Getting clients was not as high on my list as nurturing myself. So I gave myself permission to take care of myself in the way that I needed rather than muscle through the myriad of actions I needed to take for my business.

As I went through the healing process, I naturally found myself gearing up to take more marketing actions. I then created this free giveaway. I now consistently call a certain number of people everyday to share about my business and find out how I can be of service to them. Everything in right time. However, I couldn't kid myself. Time was not the real issue. My mindset and emotions were.

So, are you kidding yourself? Is there something deeper going on than just needing extra hours in your day? Let's find out.

This worksheet is designed for you to discover what you really think and how you really feel about the thing or area in your life you say you want/need to do so badly but just don't have enough time for.

Please identify what that time issue is. Here are some examples:

- There's not enough time to sleep.
- There's not enough time for me-time.
- There's not enough time to write my book.
- There's not enough time to exercise.
- There's not enough time to hang out with friends regularly.
- There's not enough time to work on my business.

Get the drift?

Let's begin.

*Tip: I encourage you to do stream of consciousness writing for \_\_\_\_\_. Don't think hard about the responses. Just put pen to paper or fingers to keyboard and unleash the mind. Just write and write and write without stopping. Don't even stop to correct punctuation. Tap into the behind the scenes program by keeping*

*the flow in your writing. Some folks also find it helpful to write with their non-dominant hand. Your choice. But just let the words flow.*

## WORKSHEET

### **Step 1: Establish importance**

What's your why? Why do you want to do \_\_\_\_\_? Why is \_\_\_\_\_ important to you? What do you want to achieve as a result of doing \_\_\_\_\_ on a regular basis?

### **Step 2: Uncover beliefs**

What do you currently think about \_\_\_\_\_? For example, if your challenging action is exercising regularly, ask yourself: *What do I currently believe about exercise?*

A stream of consciousness might reveal something along the lines of:  
*I know that exercise is important and necessary in order to get the body I want. The truth is I don't really like exercise and I'm actually kind of resentful about this whole standard of beauty women have to ascribe to. But I guess it's a necessary evil.*

### **Step 3: Let's play 'what if' to find the supportive beliefs**

What if you could shift your current mindset so that it supports you doing \_\_\_\_\_ regularly? Imagine there's a different version of you in a parallel universe. This challenge you currently have is a **non-issue** for that version of you. Let's say you could peak into the mind of that version of you, what do you imagine she/he believes about \_\_\_\_\_? How do you think she/he would respond to questions 1 and 2?

### **Step 4: Get into action**

Think of at least *one* action that could support you doing \_\_\_\_\_ on a regular basis. Whip out your calendar and add it to your schedule **this** week. Commit to doing it.

### **Step 5: Follow up with accountability**

Who can you share this action item with from step 4? Rather than just commit to yourself. Try committing to this person. Follow up with her/him at the end of the week. Share whether or not you did it and why or why not.

## DEBRIEF

Did your answers surprise you? For some people, taking the time to do an exercise like this may be all that they need to re-prioritize, shift some things around, and actually do what they say is important to them. Or they discover that the issue they were having has lost its level of importance. I had that happen to me.

For many years I was pursuing fluency in French. Then I reached a point in 2008 where I stopped committing the energy and time to attaining that fluency. Instead of feel bad or beat myself up, I got real with myself. I went through step 1 and discovered that I just didn't care for fluency as much as I did when I was younger. So I gave myself permission to *LET IT GO*. I let go of that goal and freed up my energy for other things that I was actually committed to taking action on.

To reiterate, this worksheet may be just enough for some folks. They have clarity and they now know what to do next. Boom! Congratulations if that's you!

For others, this worksheet may be just the beginning. I encourage you to reach out for support in the form of guidance and/or accountability. Review this worksheet with a trusted person. Reaching out is what step 5 is all about.

If you're ready to take the next step and finally **do** the things you say you don't have enough time for but mean to do, would you be willing to explore the possibility of us working together in a private or group coaching capacity so I can help launch you to your next level?

Shoot me an email at [valerie@feelgoodkickass.com](mailto:valerie@feelgoodkickass.com) and let's do this!

As I write this, I myself am working with two business coaches and I'm in two accountability/mastermind groups. Birthing my dreams into reality and having them thrive takes teamwork. Apple would never be what Apple has become if Steve Jobs tried to do it all solo.

You deserve to live your best life. I'm just sayin'.



*P. Valerie Dauphin, The Dancing Life Coach,* is a Certified Dream Coach®, Certified ZUMBA, and Certified Group Power Instructor in Los Angeles. Valerie focuses on helping entrepreneurial and artistic women live their deepest personal and professional dreams by helping them get clear about what they want, effectively deal with doubts and limiting beliefs, build great confidence and deep self-trust, and create powerful strategy and action steps so the dreams become reality. Valerie also teaches ZUMBA and FunHouse classes throughout Los Angeles. For more info and class schedules, visit [www.FeelGoodKickAss.com](http://www.FeelGoodKickAss.com).