

#170 Giving Yourself Permission To Take Back Control Of Your...

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SPEAKERS

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You're listening to the my simplified life podcast and this is episode number 170. Welcome to the my simplified life podcast, a place where you will learn that your past and even your present. Don't define your future. Regardless of what stage of life you're in, I want you to feel inspired and encouraged to pursue your dreams, simplify your life and start taking action today. I'm your host, Michelle Glogovac, and I'm excited to share my stories and life lessons with you will taking you on my own journey. This is my simplified life. Hey, friends, welcome back to another episode. I'm your host, Michelle Glogovac. Now, we've talked about boundaries before, we've talked about how balances nonsense, it doesn't exist, I believe that balance is really being present in the moment that you're in, working on whatever it is. So that's why balance doesn't truly exist. For example, if I am playing with my kids, I need to be fully there and present. And if I am working, then I need to be fully present in the work that I'm doing. Now this week, or last week, Monday, I had a meeting at school in which I didn't want to go to to begin with. And then the meeting took a turn for something that it wasn't supposed to be covering. And it ended up taking almost two hours out of my morning. Fast forward a little bit later. And then we had a windstorm that was absolutely craziness gusts up to 97 miles an hour trees came down, we lost power, we lost cell service, we lost internet. And that was another five hours that just got wiped away. And I realized that night that I felt like the day had been completely wasted, that I had squandered my time. Because I sat around in this meeting for two hours. That got me nowhere, it accomplished absolutely nothing. And then I had five hours in which I couldn't catch up from those two hours. And there was like nothing you could do. So I felt like my entire day had been wasted and I journaled about it that, you know, I need to stop squandering time, even when it's out of my control like the power was. But at the same time showing up for this meeting, that quote unquote, is a requirement. It really is not, I'm a grown adult. And I need to recognize that just because some other adult says that I should be there, I really don't have to be there didn't concern my kids at all, despite being at school. So I got to thinking more about that. And I thought about a new client who had sent me an email about our meeting times and what days she takes, what meetings and how she really, she took control of her time and her calendar. And she prioritized what she wanted. And when she would do these meetings, and she said she wasn't afraid to say it. And I realized that at first I was

slightly annoyed because I was like, you know, you're dictating to me when you can meet, why am I not doing the same. And I actually ended up doing that, this week in which I set boundaries and said to someone, you know, I it's great that you take calls on Mondays, I don't. And that's my boundary. And that's how I have to protect my time, so that I can do what I need to do in my business, so that I can continue having this flexibility and freedom for my family. And that's the whole reason of why I have a business of my own. So that I'm not being held to some timeline and calendar that works for somebody else. I'm doing what works best for me. And if it doesn't work for you, it's not the kind of too bad, so sad. But at the same time, people are going to respect it if you put out that boundary. And so I'm learning that this week, because I've thought that I was doing really well with protecting my calendar with not taking calls on Mondays and Fridays. But I was also letting little things pop in, like taking this meeting at school. Like saying, Okay, you want me to be there, then I will be there for this. Or even, you know, oh, I have to go to Costco. Well, I better do it while the kids are in school. Well, why they can come to Costco to lay. I have work to do during working hours and I only have a finite amount of time when I get this desk this computer and no interruptions. And so I'm learning to kind of pivot in a way of taking back the control over my time my calendar and prioritizing really myself. It's you know, when I say prioritizing myself, it's not necessarily that I am putting Me, first I'm putting my business, my family, my time, my mind, my focus first. And that's not being selfish, that's doing simply what I have to do to get it all done. All of this has got me thinking about how I for one, and maybe this is YouTube, but I allow people to dictate per se, as to what works best for them. And I'm very accommodating, whether that's in business in my personal life, or you know, with like the PTA, let's say, of, oh, this meeting time works best for you. Well, you know what it doesn't for me, and that's just too bad. And I think that we become too accommodating in saying, Well, let me move this on my schedule, or let me skip this, or let me, you know, do whatever I need to do to bend over to make this work for you. But we can also do the same in business, especially if you're an online business owner, a new business owner, you're just starting out in the freelance world. And you feel like you need to take on all of the clients, you need to do all of the things you need to do whatever it takes to be successful. And don't get me wrong in the beginning days. And this was true for many years for myself, that I would take on every client, but I also was taking on clients for like \$100 a month. I don't recommend that at all. But I would take on whoever would come my way, I would work crazy, ridiculous hours, getting up at five in the morning, still working at 10 at night to try to get everything done. And it took a while. But I'm now at this point where I have such clear focus, a clear goal, I work with a specific type of client. And this is exactly what I do. So I don't need to work 100 hours a week, I work you know from when my kids go to school to when I pick them up and then a sprinkle of work in between after they go to bed sort of thing. Very lightly on the weekend, if the weekend at all. And usually that's just content creation. But what I'm getting at is that you don't have to extend yourself, and flex in different ways to fit what other people need. And this goes from your calendar to really what others are asking from you in life, you know, whether it's friendship or relationship, if you can't be everything that they want you to be that's okay. But you need to be upfront and honest about it. And I was thinking also about how within the books that I'm reading right now, because there's a whole bunch of them, but it gets really uncomfortable, to be honest. And that's why so many people I think are not honest, per se, it's not even being honest with others, it can be being honest with ourselves, you know, I was coming up with the excuse, I wake up at six in the morning with my kids, I make them breakfast at 630. And so between six and 630, I go through my emails and I start kind of prepping for the day of what has come in overnight. And I can't work out because I'm prepping for the day and I'm gonna have my coffee and yada yada yada all the excuses, or is I wasn't being honest with myself of yeah, you can fit something in either between six and 630, or after they're starting to eat. And it's 635 to seven. There's like a full hour there. And I wasn't being honest with myself about how I was wasting that time. So this last week, I did start to do like a

little yoga in the living room. You know, I took that time for myself to better myself. And it didn't take away time from anyone else. Nobody missed out on breakfast, or their orange juice or their Mini Wheats. You know, I took the time that I otherwise was going to quote unquote squander. And I don't want to squander that time. But I had to be honest with myself as to what I was doing with that time. And so this entire episode this week, everything that I've had going on, in my mind has been around the time that we have because it is finite. We are not on this earth forever. We all know that there's 24 hours in the day. And I hate the saying that we all have the same 24 hours because we don't anyone who has you know, a nanny, a chef, a trader, all of those people who are helping a house cleaner or gardener a pool person, your 24 hours are much different than 24 hours of someone who doesn't have all of those additional resources. So we will not say we have the same 24 hours. But what we all do is we have control over how we spend those 24 hours and what a day looks like for us. What is it that you want to do within your calendar that protects time that you need? Do you need to take those Mondays and Fridays where you don't have calls. Because having calls back to back is, first of all really exhausting. But it also reminds me of the corporate world in which you just have meeting after meeting and nothing is actually getting accomplished. If I have stacked podcast episodes three days a week, that means that I can't work on client work those three days, it means that I then need to take time to create intros and outros for all of those episodes, there's a whole additional set of time that's required for when you have meetings on top of meetings. And there are certain months where that does have to happen. You know, there's months like this month where I on boarded a huge number of clients in which that takes an hour per client on top of creating new media kits and getting them on boarded and started and ramped up. So it's okay to not have identical months, or weeks or days in which they are like your dream focus kind of times, but you should be allowed. And you should allow yourself to take control of what you want your week to look like, if you want to block a day, block a day, whether that's just to have white space, to create content and to think and to dream really about what you want the future to look like. Or it's so that you don't have distractions or interruptions. Because you have this work to do. Or you simply feel like you don't want to talk to anyone, that's okay, I'm going to give you permission, if you won't give it to yourself, to block those days. Let yourself take those days, because we all need them. Block some permanently if you want. And you know, if you have something like Calendly, you can block days and unblock days and change them from week to month, nobody is going to know but you. So that's why it's how you give yourself permission. Because it's not like you're announcing it to the world of I'm going to take Wednesday off to do whatever I need to do or to just relax or read a book or take the bubble bath while everyone's not in the house. Let yourself do that. Take your calendar and take control over it. But also allow yourself to not squander time. If you feel like taking certain meetings is just a squander or a waste, then don't do it. Be honest. And I promise that when you allow yourself to be honest, to be upfront, to take back the control over your time. It's going to feel so light and uplifting. And I say this from experience because this is what I've been doing the past couple of weeks, I've been reflecting on my time looking at my calendar, being upfront and honest and candid with people as to why this time doesn't work for me. And whether or not you want to be honest about why it doesn't work for you. That's up to you. Because after all, nobody else is going to know but you so give yourself that freedom, that flexibility and that control. Give yourself permission to do whatever you need to do to help you feel like you are focused and maximizing the time that you have. Because it is your time after all