

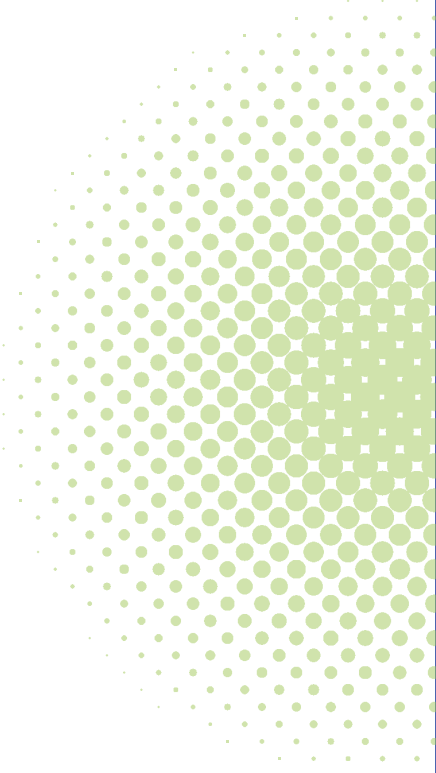


19 THINGS

TO DO FOR YOURSELF
BY DIANE SIEG

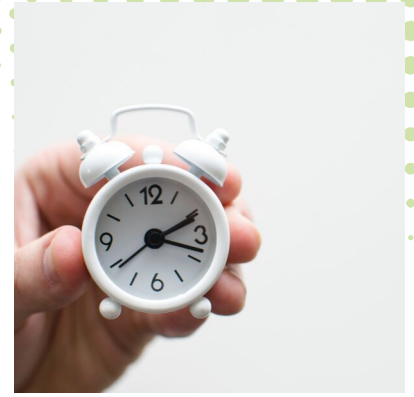
www.DianeSieg.com | Diane@DianeSieg.com | 303-321-1010

©2019 Diane Sieg

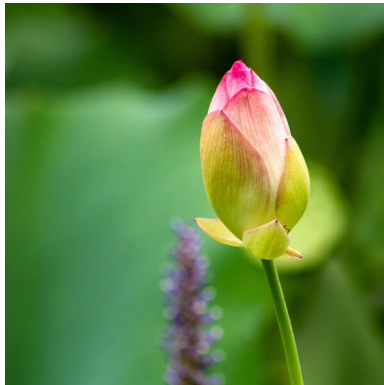


1. Arrive Early

I normally show up to my yoga class, lunch date, or hair appointment right on time, which can turn into a few minutes late if anything unplanned arises. I now arrive 5 minutes early by departing 10 minutes early to allow for traffic, weather, and missed turns.



2. Postpone Your Yes



If you have trouble saying no to certain things or people, especially when you are caught off guard, postpone your yes to anything that commits your time and energy. I now say, let me get back to you, and check in with my calendar, bank account, and gut.

3. Make The Call

While we need to postpone our yes for self-care, we also need to make the call to the dentist, bank, or any other person that may be uncomfortable. I make a minimum of one uncomfortable call a day.



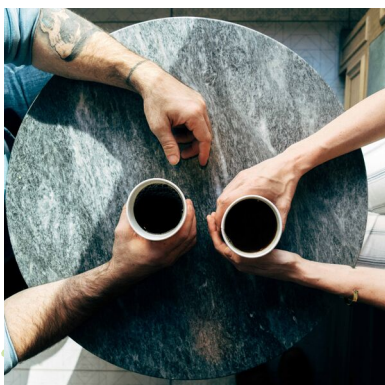


4. Prioritize

I have an ambitious and ongoing to-do list, but I prioritize my top 3 action items every day. I tackle the most important first (which are often the most challenging) when my energy and hopes are high.

5. Find Your Tribe

We are the company we keep. I seek out and hang out with people I admire, connect with, and am stimulated by, in other words, people who I aspire to be more like.



6. Ask

If we don't ask, the answer is always no. I ask more questions, make more requests and start thinking in terms of what if...wouldn't it be great...I would love to...

7. Be Kind

There are many simple ways to practice loving kindness every day. I smile more, let a stranger ahead of me in the grocery line, compliment a colleague, and send written notes of appreciation.



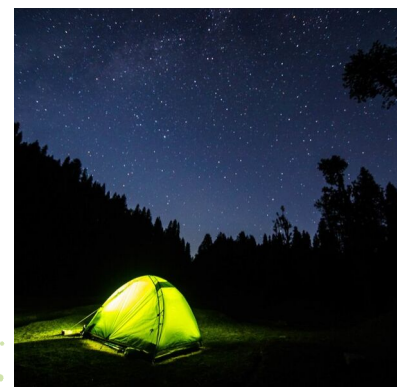
8. Track It

There is no better way to be accountable for our behavior than by recording it. All the behaviors I want to improve upon like my sleep, finances, or writing, I document it to hold myself honest about what I'm really doing.



9. Sleep More

Sleep is the number one behavior skill that contributes to our resilience and affects everything from our immune systems to our mood! I go to bed 30 minutes earlier than normal which requires both planning and discipline on my part.



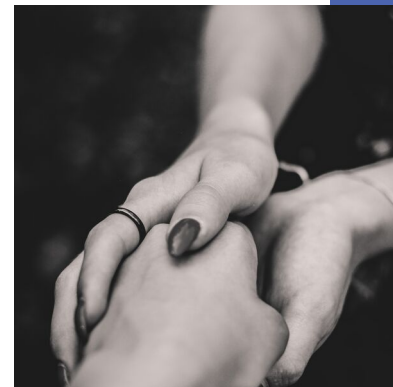
10. Invest In Development



We can always learn more about our ourselves. I schedule at least one enrichment experience a quarter (retreat, class, conference) to help me grow personally and/or professionally.

11. Get Help

I have many areas I can use help in and two top ones are technology and organization, which of course are related. I consult with the younger generation in our family (grandchildren and children) on how to use my iPhone and Apple watch to their full capacity and organize folders in my computer so I can actually find things!



12. Say Thank You & I'm Sorry

These two phrases are sadly underused in our busy culture. I use them generously to feel better about myself and to help the person I say them to feel better too.

13. Schedule Dates

Julia Cameron called these artist dates, where you schedule time with yourself to pursue an interest. I schedule time for myself to take dancing lessons, visit a flower shop, or update my bucket list.

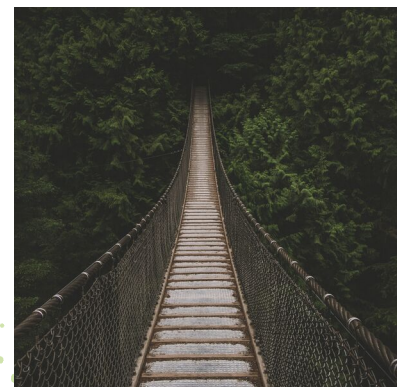


14. Finish Something

Do you have a list of abandoned projects unfinished or not even started, as I do? I commit to finishing my book on resilience and getting our house painted inside and out this year. (deadlines to be determined)

15. Be Persistent

The more we practice, the more we practice. I establish routines and schedules that support me to show up the way I need to practice self-care.



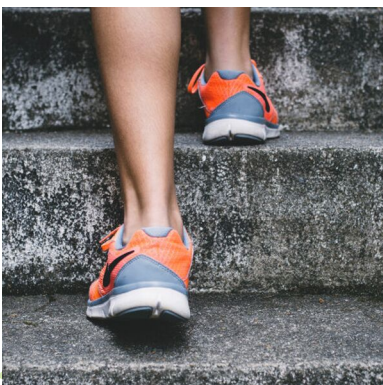
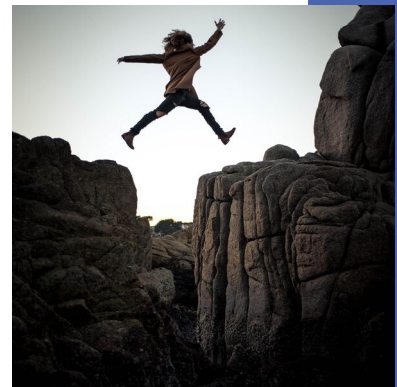
16. Celebrate Wins & Losses



It's easy to celebrate our wins when things go well, but to practice self-care, we also need to celebrate our losses. When things don't go as planned, I catch myself so that I can learn and grow from it.

17. Take Responsibility

Every choice I have ever made reflects exactly where I am today. I empower myself by taking responsibility for every situation in my life because I am the only one I can change.



18. Practice

Self-care is a practice, not perfection, which is why so many of our good intentions are abandoned. If I fall off and miss a day, week, or month, I accept it and begin again.

19. Begin

Yes, the best time to plant a tree was 20 years ago, but the second best time is today! Leave 10 minutes early for every appointment, make that call you have been avoiding, or go to bed 30 minutes earlier, all to feel better about yourself. Start with one practice and begin today.



Diane Sieg, RN, CYT, CSP

Diane Sieg worked as an emergency room nurse in hospitals across the country for 23 years. Today, as a speaker, author, coach, and yoga teacher, her passion is to help healthcare organizations create resilient cultures. She is the author of two books, creator of The Resilience Academy, and leads retreats around the world.

