Creating More Ease

Here are some of the valuable things that I have learned and integrated into my way of life that really, really support my rhythms at work and life.

Calendaring

This one seems obvious, but for some reason this one was really hard for me. I got out of a "time clock" job so that I could specifically NOT be beholden to an artificial calendar. But as entrepreneurs we get to calendar a life that really works for us. It took me a while to find a way to have a strong presence in my business and also have enough time off to feel nourished and balanced. I fought over-calendaring tooth and nail because I thought it would take something away from me … but the opposite has proven to be true.

Now I calendar everything.. Work time, off time, self care time, all of it non-negotiable and I've even figured out a way to have spontaneous time off in my schedule too, which really meets my need for organic unplanned time too.

Give yourself time blocks for everything ~ Use the page Finding Rhythm to chart your daily Rhythm and calendar that stuff! Morning Rituals, Post/Offer Creation, Reach Outs, Evening Rituals and Time Off.

Use a Calendaring App like Calendly to allow people to book calls with you, Create different calls that you offer (Connection, Clarity, Enrollment) so that you can further decide when those happen. You get to pick the times that they can schedule so you are not fielding random calls during the times you want to be focusing on other things.

One last thing about calendaring ~ I always have a 3 weeks on and one week monthly schedule off for my deep dive 1:1 clients. It's incredible when you get all your clients to line up you basically give yourself a week off every month. My clients don't usually start at the same time so what that does for me is give me random holes in my calendar, a spontaneous "off time" that keeps my weeks from feeling too repetitive and gives me energy and life.

The following pages are a few more things that have created **More Ease** in my life/business.