

EPISODE 32: Help Yourself First

When a person travels their view of the world expands. This past weekend I watched the movie “Sully” where Tom Hanks played the lead pilot. It was about the “Miracle on the Hudson” where a plane lands in the river versus heading back to it nearby airport runway. As I was watching the movie, I was reminded by the safety messages that many of us take for granted at the beginning of the flight. It is routine; however, these checklists are important in ensuring our safety. These routine checklists remind us that we need to put our own oxygen masks on first. We need to look after ourselves before we can serve others.



Are you looking after yourself first? It is so easy to over commit and put others' needs above our own but at the end of the day who truly suffers? Who you want to show up as in the world? What do your actions say about who you are?

Helping yourself shows up in many ways.

1) Take 100% responsibility for your contribution in making a difference in the world around you.

All too often in businesses and in organizations people tend to think that someone owes them. They believe that others are responsible for the delivery of what they would want to happen. Businesses and organizations are only one piece of the puzzle. When you cast blame or complain than another person or group of people owes you, you give away your power. ***This power is yours. You have the ability to make a difference by contributing in your own way.*** Your contribution may be as simple as having a one-on-one conversation or more complex like creating a movement through social media.

How are you promoting your business, your organization, or even your profession? Why do others want to join you?

As my colleague, multi- Emmy Award Winner and Nobel Peace Prize nominee, Dr. Shawne Duperon, would say, “**What are you broadcasting?**”

2) Examine your habits.

What habits are helping you move forward?
What habits are holding you back?



Get at least eight hours of sleep a night.
Exercise 30 to 60 min. a day.
Eat healthy foods.
Drink at least 6 to 8 glasses of water a day.
Prepare in advance for your meetings.
Commit to reading 20 min. a day.
Plan out your week in advance with the flexibility to adjust where is needed.
Reward yourself for meeting your goals.
Follow-up with new prospects within 24 hours of meeting them.
Review your profit and losses weekly.
Balance your check book and review bank statements.
Avoid eating out too frequently.

All of these activities are ways in which you are helping yourself.

3) Learn To Say “No” To Others So You Can Take Care Of Yourself

It is way too easy to dismiss the commitment that we had with ourselves to go to the gym or spend time cleaning up the clutter in order to help another person. Over time you may see results from when you didn't take care of yourself. These can show up in forms of being overweight, exhausted, illness, or even anxiety because you couldn't find what you needed to.

Setting boundaries and understanding what you will tolerate and not tolerate is important. You must clearly communicate your wants and needs to others. If you spend more time pleasing others, you will neglect your own wants and needs. You may get frustrated or irritated.

By saying “no” to others, you are actually saying “yes” to yourself! By taking care of yourself first, you will then be replenished so that you can serve others in the way that you want and are able to do. Ensure that you're taking time to reward yourself for your accomplishments and acknowledge how far you've come.

4) Invest in Your Personal Growth

Taking time and money to invest in yourself leads to an unlimited return on investment. You may advance academically or work with a personal trainer. Maybe you decided to learn from a Yogi in India or take a watercolours class. No matter what you choose to do in the process you learn more about yourself and how you interact in the world. You may get a job promotion, develop meaningful relationships, or become a famous artist.

A world of possibilities opens up when you invest in yourself. Personal investment equals to personal fulfillment.

5) Allow for Another Person's Growth

As someone who enjoys helping others, I sometimes forget that if I jump in and do for someone they are unable to learn and grow. You can't help people by doing everything for people. Let them take responsibility for their actions and also learn from consequences – unless they are in danger of course. Instead, ask questions and be there for support when and as needed. Many learn from taking action and adjusting their course as they move forward.

By helping yourself first, you will be better able to help others when your needs are met first. Remember to put your oxygen mask on first. Live on purpose!

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DEBRA KASOWSKI, BScN CEC is an award-winning best-selling author, transformational speaker, blogger, and Certified Executive Coach. She has a heart of a teacher and is certified in Appreciative Inquiry and Emotional Intelligence. Her writing has been published in a variety of print and online magazines. Debra Kasowski International helps executives, entrepreneurs, and organizations boost their productivity, performance, and profits. It all starts with people and passion. Sign up the Success Secrets Newsletter and get your free mp3 download today! www.debrakasowski.com

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