

THE 3 BIGGEST MISTAKES WOMEN MAKE

THAT LEAVE THEM FEELING
DEPLETED,
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and
ISOLATED



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AWAKEN YOUR INNER WISDOM

The 3 Biggest Mistakes Women Make that Leave Them Feeling Depleted, Overwhelmed & Isolated

A recent survey I conducted of 100 women revealed that the top three areas women (especially mothers) struggle with most are self-care, getting support and encouragement, and having tools to meet challenges.

In my years of coaching, I see three common mistakes that keep women from feeling nurtured, connected and empowered.

MISTAKE #1: "SHOULDING" ON YOURSELF

Do you ever notice that there are certain things you manage to make happen, no matter how much of a stretch they may seem to be?

You get asked to volunteer at the kids' school, and you say "yes," even though you know you're overextended as it is. You have no clue how you'll do it, but somehow, you do.

Your car breaks down and you have no idea how you're going to pay for it, or get along without it, and yet somehow, you do.



Just when you think you can't take one...more...thing, you get slammed with yet another task to do or role to play. Yet, even while feeling maxed out, somehow you manage to make things happen.

Why is that?

It has to do with what you value, and which values you prioritize most. On the surface, most of us unfortunately tend to live according to values prioritized by externally imposed "*shoulds*," rather than tapping into the deeper values and wisdom we hold within.

"I should help out."

"I should be able to take care of this."

"I should put my kids first if I'm going to be a good mom."

Somehow these "*shoulds*" win out, and we manage to do these things.

We have lots of other "*shoulds*" too:

"I should take better care of myself."

"I should get out more."

"I should speak up for myself."



Yet these “*shoulds*” get passed over, again and again. That’s because we don’t place a higher value on them. We give attention to what we value.

It’s time to stop “*shoulding*” on yourself and letting other people “*should*” on you!

So what can you do instead?

Practice changing “*I should*” to “*I want to*” or “*I choose to.*” While this life altering idea may seem so simple, for most of us, it’s incredibly challenging.

You may be one of the many who are so practiced at taking care of the “*shoulds*” that you’ve lost connection with what you want. This can be a painful realization, and take time to remedy.

However, one step you can take right now is to notice every time you hear that pesky voice in your head “*shoulding*” on you, and turn the tables on it.

As you begin to notice that voice, even in the seemingly mundane moments, you’ll be able to ask yourself what you want, and start connecting with what you really value.

One more thing to remember...

Staying true to what you value, and most women I know want to prioritize their life and wellness, is NOT selfish. It’s *Self-Full!*



You may have a clear answer, or you may discover that you really have no idea. But....do you know the quickest way to determine if something is a good idea?

Decide!

Yes...decide for yourself. Don't let yourself get all tangled up in knots over the opinions of others, or the fear of making the wrong decision.

You may feel absolutely sick to your stomach with indecision. But the more you practice making choices from a place of trusting yourself, the more you allow your Inner Wisdom to show up.

It takes practice, and a cultivation of trust. After all, if you were ignored by someone for years, would you immediately trust that what you have to say matters to them?

Your Inner Wisdom feels the same. Most of us ignore our inner guidance in some form or another, and must reconnect with it regularly to build trust.

This takes time, but you can do it, one decision at a time.

Oh, and don't worry if it turns out to be a bad decision. There's really no such thing as a bad decision. Every choice you make guides you on your path through life, and you'll be shown the way at every step.

Action determined by "having all the answers" often doesn't happen. The answers come through taking action.



MISTAKE #3: BUYING THE “I DON’T HAVE TIME” STORY

Can you imagine saying to your kids, “Guys...Mommy’s bored.”

It’s laughable!

As mothers, entrepreneurs, career women, etc., it seems like a near impossibility to have a moment to relax, let alone actually have a moment when we don’t know what to do with ourselves.

Still, over and over again, I see women get stuck in the trap of believing that they never have any time, particularly for self-care.

Lucile Ball said, *“If you want something done, ask a busy person to do it. The more things you do, the more you can do.”*

Now, I’m not saying that you go out and start doing a ton more stuff just to keep busy and get more done.

The myth that we don’t have time or don’t manage our time well is just that....a myth. The issue doesn’t have anything to do with time, or even how many things we *think* we have to do, at all.

We don’t manage our time. We manage our expectations.

I’m going to say that again.

We don’t manage time. We manage expectations.

When we expect that we will do something, and that something is viewed as being important or valued, we are much more likely to actually do it.



I'll never forget reading, not long after my first son was born, that a mother was asked how she got her children to do what she needed or wanted them to do. Her response was, "I expect them to do it."

I believe that statement changed my life.

When you expect something, and act accordingly, that something often comes to pass.

But how do you go from struggling to make something happen to "*expecting*" that it will happen?

Managing expectations is two fold. First, you must determine what you are going to expect in the first place, both of yourself and of others.

Reconnecting with your values and longings, as well as practicing decisiveness, as we discussed earlier, will help you to get clear on setting the expectations you want to have for yourself.

Once you get clear on your expectations, you're better able to set boundaries and honor commitments to make them happen!

Second, you have to take those expectations and commit to fulfilling them.

You know when you have an appointment, and someone is counting on you to be there? You are much more likely to show up.

When you declare to a witness that you are going to make something happen, it often does.

Why? Because you made a commitment to someone, and ultimately yourself, by scheduling it as "non-negotiable" in your calendar.



Your word is extremely powerful. So powerful, in fact, that once spoken, it makes you believe you'll honor it.

Unfortunately, as women, we don't keep our word for ourselves as much as we keep it for others. But this is simply a matter of practice.

If you want to keep your word for yourself, you need to train your mind to *expect* that you will keep your word because you place a high value on what you are promising to yourself.

In other words, you need to consider an appointment with yourself, doing something you want and value, just as important and non-negotiable as you would consider a doctor's appointment or an appointment with your child's teacher.

Believing that you don't have time is another way to sabotage yourself from getting what you really need or want in your life.

An indigenous elder once shared with me that the key to happiness is being effective. We all want happiness, right?

When we feel on purpose, we feel most effective.

We can only be on purpose when we remember the longings of our Soul, reconnect with what we value, expect that we will take care of what we value, and then make it happen.

When we're on purpose, all of the other busy stuff gets weeded out.

Have faith that the Power that gave you the ideas and longings in your Soul will also give you everything you need to bring them to life, including time.



SUMMARY

When you stop “*shoulding*” on yourself, seeking approval from others, and buying the story that you don’t have time, you open the door to new possibilities.

You allow yourself to connect with what you want and long for. You begin to find ways to take care of those needs and feel more nurtured. You begin to connect to your Inner Wisdom, and to others in a more authentic way.

You begin to realize the empowered woman within you that you always knew was there.

You are a creative and powerful human being.

You have what it takes to live the life you long for, and create it one step at a time. The world needs your new ideas, creations and expressions.

If you are depleted, cut off from your Inner Wisdom, and overwhelmed, then the rest of us don’t get to experience your gifts.

I, for one, want to see those gifts show up. I want to learn from you and connect with you. I want to create with you and share this magical journey called life.

As you step into your inner power, confidently make decisions, and declare you are ready to make changes in your life that take care of what you care about, you take a step on the journey to your highest potential.

Are you ready to share your greatness with us?





Thank YOU

Thank you so much for taking the time to read this report.

I hope you found many great tips and lots of inspiration to support you on your journey to embodying the empowered woman you know you are!

Be sure to check out the resources on the final page of this report, and feel free to reach out anytime at KimMarieCoaching.com.

With Love & Awakening Inner Wisdom,

Kim Marie



MORE Resources



01 Solace: A Journey to YOU

Come home to yourself with ongoing support and community in my 12 month program. KimMarieCoaching.com/Solace

Balance & Empowerment 02

Download these free cards and begin using them today to navigate life's extremes. KimMarieCoaching.com/BalanceAndEmpowerment



03 Sacred Nights of Winter

Enjoy a magical journey through the Sacred Nights of Winter with my annual journal. KimMarieCoaching.com/SacredNights

