

FILL YOUR OWN CUP FORMULA

The hardest things in life are so often also the most rewarding. Every day you make choices. You KNOW which ones are right for you, but sometimes they feel HARD. Here's a wee formula to help you make better choices and fill your own cup! Simply acknowledge your Go To's, consider your cup fillers and refer back to when you need a prompt in the right direction!



MY GO TO'S

The short term gain, long term pain 'quick fixes' I want to avoid

MY CUP FILLERS

The harder to get started with actions that I KNOW I'll feel great about doing later

Know what sparks the light in you so that you, in your own way, you can illuminate the world - Oprah

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MY GO TO'S

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PERSONAL:

When I feel stressed, eating chocolate or anything sugary.

In the morning, telling myself I'm too tired or don't have time to any exercise today

Scrolling social media or watching meaningless netflix series in the evening

Prioritise work in every spare moment!

WORK:

Procrastinating with accounts and recording/analysing marketing metrics and results

Working on... anything else... instead of creating content.

Giving myself every reason under the sun to hide behind my laptop and not put myself out there and promote my biz

MY CUP FILLERS

The harder to get started with actions that I KNOW I'll feel great about doing later

PERSONAL:

Go outside. Go for a walk. Sit on the grass. Have a moment out of everything

Just put on my exercise kit and going for a walk

Doing art or weaving. Reading or listening to a growth focussed podcast. Journalling.

Reconnecting with a friend on the phone

WORK:

Show up at the She Owns It Coworking Sessions and use the time to get it DONE!

Prioritised and uninterrupted content creation time, Mon, Tues, Wed mornings until midday

Be proud of what I've created and courageous and vulnerable enough to share it with the world

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