

MAKE MORE MONEY AS A DIETITIAN

EP.148: Making Time for Everything You Want

Intro

[00:00:00] Welcome to the Make More Money as a dietitian Podcast, where we talk about all things, money, mindset, and marketing. So your nutrition business can thrive and you can make a bigger impact in the marketplace. I am your host, Christine Dyan, registered dietitian and money mindset expert. Let's get started with today's episode.

Episode start

[00:00:28] **Christine:** Hey there, dietitian friends. Welcome back to another episode of make more money as a dietitian. Super excited once again, to be with you this week for another episode where we're going to be talking about making more time for the thing is that you want. Right. We're going to really dive a little deep into how you can make time for everything you want.

[00:00:56] Wouldn't it be amazing if you felt like you had time for everything and I am not really talking about just more things to do that you don't want to do. I'm really talking about the things that you really want. So we're not going to be talking about, more busy work. We're not going to be talking about more distractions because I think you and I can agree that there are enough distractions in the world right now. But what I really want to share with you today are some time management tips and productivity tips to help you really do more. And this is just going to make you feel really good. Okay. So let's get started.

[00:01:46] So the first thing that I want you to understand is that you will need to train your brain to be more conscious and more mindful.

[00:02:01] The key is you want to be really good at being aware and intentional about how you spend your time. This is so important. Okay. Because most of our time is given away when we're distracted and when we're not focused, this

is a problem because when you're not focused, you are responding to life versus when you are being proactive to life and that's how you lose time.

[00:02:38] Now, what I mean by responding is that for example, maybe you get an email and then you check it as soon as it comes in. And you're like, oh my God, I have to answer this email right now. And that leads you down a whole rabbit hole of doing something that you weren't even really intending to do.

[00:03:02] Have you ever done that before with your emails, with your tax messages, with a social media notification, you weren't even intending on doing that. You weren't intending on spending time in that way, but it's really important that you begin to learn how to spend time. In the most effective ways possible and mindfulness is your super power. You want to be in control of your time, my friends. You want to be able to choose how you spend your time so that you can be deciding for yourself that X, Y, Z thing is important. That X, Y Z thing is first and foremost, a priority. Mindfulness will be your super power and that is your first step. Okay.

[00:04:11] So we're not going to have you checking your Instagrams and all of those things. Okay. What you want to do... your Instagrams right? What you want to do is you want to set some easy rules and boundaries for yourself to not let yourself go down those rabbit holes. Okay.

[00:04:37] So for example, maybe you want to set a boundary for yourself that you're not going to have the phone even near you in the morning. We we've all heard that tip before, but just because, you know a thing, doesn't mean you actually do the thing. Are you doing the things that you already know my friends? Sometimes it's good to hear certain things over and over again until it sticks. So what about no phone in the morning? What about don't check anything on the phone like notifications, emails, text messages? Don't check anything that has the possibility of making you respond and waste time.

[00:05:31] So yes, my friends put your phone away in the morning instead, do something else, do something where you feel connected and centered to yourself. For example, maybe you'll want to start your morning immediately with meditation or prayer for the first 10 minutes maybe even 15 minutes. Meditation is a powerful practice to help you connect with yourself and calm your brain. And when you calm your brain, first thing in the morning, you can be more aware of things and you can be more intentional about things. And

essentially it trains your brain to slow down. And once you can slow down and be more calm, you can detach from those distractions.

[00:06:33] Okay. You can also be more intentional and aware because you're not feeling like, oh my God, I have to respond right away or I have to check this right away. So first tip is to be more mindful and to be more mindful is to set boundaries so that it can- so that you can eliminate distractions.

[00:07:11] Now, the second tip is simple. It cuts out distractions. Okay. Put your phone on airplane mode. If you're working and put limits on social media apps so that, you know, only to give yourself a certain amount of time of the day. There's even a little feature in your phone. If you're an iPhone user that monitors your screen. And you can actually set limits for yourself around your screen time.

[00:07:51] It is really crucial to put these boundaries and limits to make sure that you don't waste too much time on the things that don't matter. So don't even tempt yourself, do what you can so that you are not tempted and just cut out the noise.

[00:08:19] Now, my third tip for you on how to make more time for everything is to work smarter. So find ways to save your time, energy and brain power by working smarter. So one of the ways that I've been working on this for myself is finding new tools that will make my workflow more efficient.

[00:08:57] So one of the tools that I love to make my workflows more efficient, that actually has helped me to create workflow in my business is 17 hats. Now this is not a sponsored podcast episode. 17 hats is not sponsoring this episode full disclosure. However, I do love this app because it really helps me to work smarter in my business. And by utilizing this service, this app, I create more time for the things that I really want to do. Go figure. It is really important that you find your way to work smarter in your business. So what apps, platforms, products, services, will help you to work smarter in your business or just in your day today, even if you don't have your business fully set up yet.

[00:10:23] In what ways can you work smarter in your personal life and set yourself up for success so that you have more time to do the things that you really want to do. So let me flip the script for you and tell you that even in my personal life, I have found ways to have more time to do things that I want to do.

[00:10:48] So I have started using Instacart to order groceries, which I thought I would never do because there was a time in my life that I loved grocery shopping. Like I, I would tell my husband, oh, Whole Foods is like my sanctuary. When I walk in, it's just all of the things for me.

[00:11:12] I laugh because I can't, I cannot even believe that I said those words, but I literally said that. And I would say it over and over again. Oh, Whole Foods. When I walk in, you know, it's just my sanctuary, it's just everything, all the fresh fruits and vegetables. It's just amazing. And you know, when you go into like the whole body department where you get the smell, all of the essential oils and you just fall in love and you just know you can like test them out. And I mean, I just used to make a whole experience. I don't go into the grocery store specifically, Whole Foods clearly. And now it's like, I really don't care. I want my time. Instead of that whole experience, I would rather utilize my time in other ways. So now Instacart is my friend and my personal life that helps me to manage my time and in a much smarter way.

[00:12:10] So. What ways can you work smarter or manage your time in smarter ways, even in your personal life. I want you to explore that because I'm telling you one of the top things that every single client that I work with struggles with kind of blew my mind. But every single client that comes to work with me as a private coaching client struggles with managing her time, time management y'all whether the client is still working full time and managing a part-time nutrition business, or even if she is working her nutrition business, full-time. It does not matter y'all. Time management is a being for all of the people. So this thing that I'm talking to you about today might sound pretty trivial and you might even be saying to yourself, ho-hum I know all of this, but I want to tell you something.

[00:13:36] I had a mentor who once told me that you don't know a thing until you're actually living it and not just doing it. Listen to my choice of words here. You don't know a thing until you are actually living it or have lived it, have experienced it for an extended. Period of time. So when I talked to you about your phone and setting boundaries with your phone and setting boundaries with the notifications and putting your phone away and not being on your phone, first thing in the morning, you might know it, you know this because you've heard it a thousand times, but is it something that you're actually doing?

[00:14:25] Is this a part of your lifestyle? Are you living it? Because if you're not. You're probably someone who's also struggling with not having enough time.

Not having enough time to do the things that you really want to do because you're tethered to your phone. You're tethered to the notifications. You're tethered to these apps and they have control.

[00:14:55] And it's time for you to take back control. It's time for you to utilize your time in the way that you want to utilize your time. Okay. Now, the next thing I want to talk to you about here is an exercise that you can actually do this week. So what I want you to do is assess how you're spending your time right now on a daily and weekly basis for an entire week. Can you spend a little time to give back your time? Can you spend a little time tracking how you actually spend your time? You will be surprised when you track how you're actually spending your days by the hour. Now you can do this in any calendar app. So just go about your day, doing what you do and you don't have to know or track it every single hour.

[00:16:06] But what I mean is like, say you're working from this time to that time, right? You put it in that calendar app, or you put it in your calendar after the fact. And then you say you take a lunch break and neuron on social for an hour and a half, and then you'll go in and put it in your calendar. So you don't have to be tethered to your calendar app every minute of the day, but say you just put it in at the end of the day, but by the end of the week, you'll be able to see what's been going on.

[00:16:52] And try to be as honest as possible with yourself, because really this is for you and really track on and you know, be realistic about it. So be honest and track realistically, how you've been spending your time throughout the week. And you'll find that there are either pockets of time where you were distracted doing something, or maybe you were doing something that wasn't really important.

[00:17:19] Yet you had other important things that you could be doing instead, you were wasting time on something else. It's really insightful. Like I always say that we have to evaluate our circumstances so that you'll know what to do differently. What if you're going to continue to fly by the seat of your pants and continue to complain and not really knowing what specifically you're complaining about. You're not going to be able to create a solution for yourself, and then you're going to possibly just continue to blame all of the things outside of you. Not recognizing that you have full control over every hour of your day. Okay.

[00:18:09] So. Guess what buttercup. You get to decide. You get to manage your time in the most efficient and effective ways possible just by utilizing these tips. Now, one of the things that I want to leave you with is another kind of awkward tip. I'm just going to put it out here anyway. You might feel a little like, oh my God. I can't believe she's talking about this, but I want to say it anyway.

[00:18:51] The next tip I want to share with you is to honor your cycle. If you're a woman, honor your cycle, we all go through cycles in our lives. And sometimes we feel very productive. Sometimes we feel like we have a lot of energy, a lot of hustle, a lot of go energy.

[00:19:15] And then there are times when we feel lazy and we feel slow. We want to be more gentle with ourselves overall. It's okay to have these cycle. And these different phases of our lives. And I say that this is especially important for women, not because of our menstrual cycles, but just because us women, our energy actually cycles every 28 days, whereas males, their energy.

[00:19:59] Or not energies, but their energy cycles every 24 hours. So for women I think is really important for us to pay closer attention to our cycles of energy and honor that. Become more aware of when you have a lot of energy, what times of the day? What times of the month? What time of the week is it in the beginning of the week where you feel more energetic and you're like, Ugh, on Friday or is it the opposite for you?

[00:20:40] When do you feel like you have a lot more hustle? A lot more go energy. When do you feel. Mike, you just want to chill. Are there certain times of the day, certain times of the week, or even certain times of the month when you just know, oh, this is usually when I'm feeling like, I just want to slow things down a bit, or maybe you're not even paying attention to the cycles of energy and you're just going against the grain of how you feel.

[00:21:18] Now, like I said, I want you to be more gentle with yourself and I want to normalize for you that everyone goes through these cycles. So as a reminder, honor, your cycles. Don't push yourself too hard. If you feel like you're not doing enough, you're not going to always. I feel like you're doing enough.

[00:21:44] There's going to be times when you need to slow down. There will be times when you're in the mood to be productive. And there will be times

when you're not in the mood to be productive. And that doesn't mean that there's anything wrong with you. And the point of life is not to just be on. Go, go, go all of the time.

[00:22:08] It's not about being efficient. 100% of the time. We are not robots,

[00:22:18] humans. That is what we are. Okay. And as humans we cycle through, we have cycles. We have a circadian rhythm, and I want you to honor that. The last thing I want to share with you today is a reminder that if you are truly passionate about something, just just know you will make time for it. Just like, can you somehow make all of the time to binge watch your favorite shows on Netflix?

[00:23:10] Or whatever streaming app you love to binge watch things. You make time for that. You're going to make time for that. So are you doing what you really want to be doing or are you doing things that you feel like you should be doing? That is really the ultimate question that I have for you. And I want to leave you with that.

Conclusion

[00:23:45] 'cause a lot of times we are feeling overwhelmed and overworked, and we feel like we don't have enough time for the things that we want because we are doing all of the things that we don't want. We're doing things that we think we should be doing that we're not so passionate about it. And one of the things that I help my dietitians work through is really rediscovering what they're most passionate about and bringing that into their business.

[00:24:22] Even if it feels like something that's not even closely related to nutrition. This is how you bring authenticity into the work that you do and you stand out from the crowd. Okay. So I hope this episode was helpful and insightful for you today. I invite you to jot down your one or maybe even two biggest takeaways from this.

[00:24:57] And for me, I will share my takeaway from this, which is you don't know a thing until you're actually living it and experiencing it on a regular basis. All right. My friends. That's what I have for you. I look forward to our next episode together next week until then take care and keep on keeping. Hey there.

Outro

[00:25:29] Do you want to make more money as a dietitian then head on over to our website@manipuracentre.co again, that's Manipura Centre.co, where you'll find free resources to get you started. And if you are so inclined, get your name on the wait list for an upcoming incubator program. I hope to see your name on that.

[00:25:55] So that I can help you get started making more money as a dietitian.