



CLAIM YOUR JOY

Workbook

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#CLAIMYOURJOY

Workbook

WELCOME TO THE CLAIM YOUR JOY WORKBOOK!

I like to say that we don't need to "find time" or "make time" as much as we need to CLAIM time for ourselves. Just like with our energy, we have been taught that we should give it away until we are left tired, stressed and on the edge of burnout. We have been told that our worth lies in what we do for others. So, naturally we put ourselves last, when we should be doing exactly the opposite.

I believe it is the one of the most important things that you can do is CLAIM the time you need and deserve so that you can fill up your cup and shine your light. Wanna more time to move your body. DO IT. Want more time to start that passion project. YES, YES, YES.

When you claim you time and put yourself first, you proclaim to yourself, others and the universe that you matter. What you want and need matters. If you feel resistance to what I just said or you are thinking "I could never put myself first" then let me tell you something.

YOU ARE WORTHY!!!

If you can't bring yourself to do it for you (yet) then think about your kids or family. They want the best for you, just like you do for them. They want a mom, wife, friend, daughter who is happy, relaxed and full of life.

No one wants the person they love to burnout. To get to the point that their body shuts down on them just so that they can get some rest.

Consider this your official permission slip to put your needs, your desires and you joy first. I give you permission to fill up your cup and let your light shine.

this is your permission slip



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STEP-BY-STEP INSTRUCTIONS

Below are each of the workable steps we will be going through in this workbook. Each one is designed to support you in becoming your truest, fullest self.

If you have ever said "I wish I had time for me" or "I don't have enough time for self care" then this guide is for you. Let's claim you time, let's claim your joy.

1

LIST YOUR "JOY"

2

LOOK AT YOUR CALENDAR AND BLOCK OUT ALL THE STUFF YOU DO

3

ADJUST YOUR CALENDAR

4

DELEGATE RESPONSIBILITIES

5

TEST & ADJUST

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STEP 1: LIST YOUR JOY

TIP: Before you start writing get comfortable, close your eyes, take a few deep breaths in and out and then just writing. I like to also listen to music whenever I free write. It helps me to get out of my own head. On my site I have links to a couple of relaxing Spotify playlists.

Below are some examples of different activities..... but just remember. *There are no right or wrong answers. What fills me up may be different from what brings you joy.*

IDEAS

Dance, Work in the Garden, Take a Walk, Color, Journal, Blow Bubbles, Meditate, Move Your Body (yoga or other classes) Read, Self Pleasure, Attend Sisterhood or other Sacred Circles.

NOW PICK YOUR TOP 2 THINGS THAT YOU WOULD LOVE TO DO EVERY DAY, WEEK OR MONTH AND ASSIGN AN AMOUNT OF TIME TO EACH

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STEP 2: LOOK AT YOUR CALENDAR

Now that we've had fun and come up with a list of stuff that fills us up with joy , we need to look at our current calendar to see what is currently filling up your days. You have to know where you are starting to get to your final destination.

My favorite way to do this is by using google calendars or downloading a calendar from the internet.

Be sure to list EVERYTHING you do, even the little stuff. This includes commute times, time spent waiting in the drop off line. Time spent scrolling social media, setting doctors appointments and more.

TIP: Take a week and track EVERYTHING you spend time on. Use your phone and your timing function and record it below. Wash the dishes...record it. Spent 10 minutes tidying the kids play area....record it. You're probably doing more stuff than you think and it all adds up.

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Don't die waiting
for the perfect
day.

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STEP 3: ADJUST YOUR CALENDAR

In this step you are going to take a look at your calendar to identify what space you may be already available to claim and what space you need to *reclaim* for yourself.

Is there any space already in your calendar that you can claim (ex: 30 min before kids get up, 5 minutes at lunch, etc)?

- If YES, will any of the activities you listed in STEP 1 fit into that space?
- If NO, then let's look at a few options on how to reclaim you're time
 - A) Is there anything that you can easily move or stop doing? (if NO, that's okay we'll address that in the next step)

B) Can you get up earlier in the morning (and go to be earlier because we don't want to loose any sleep)?

C) How much time do you spend on social media or just zoning out in front of the TV? Can you cut that time in half?

***I know a lot of people use this time to "relax" but ask yourself, is scrolling social or binge watching that show filling you up with joy? Did you have that thing listed as something you want to do and find fun in STEP 1? ***

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STEP 4: DELEGATE RESPONSIBILITIES

Hopefully in STEP 3 you were able to claim time in your schedule for ALL of the activities that light you up, fill your cup and bring you joy.

If however you are like I was and got to STEP 3 and don't immediately see time you can claim then you will most likely need to RECLAIM that time. To do that, you need to stop doing some of the things you currently have on your calendar.

This is the point where it may start to feel hard. Hard to say no to things,. Hard to ask for support. However as I said at the beginning when you claim time for yourself you tell yourself, others and the universe that you matter. That your happiness, well being and joy matter.

However before you ask for support, use the prompts below to figure out what you want to delegate....it might be easier than you think.

- What have you been saying YES to, that you really want to say NO to?
- What things do you want to do?
- What things from question 1 (or your calendar) are you scared to delegate?
- How do you feel when you think about asking other people for support.

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STEP 4: DELEGATE RESPONSIBILITIES

Using the information from the last page decide what you want to delegate and write it in the white rows below. I have given you space for 4 things, however use however many feel right. You can start slow, delegating just one thing and work up to delegating more. Remember your worth is NOT tied to how much you do for other people. Doing too much can lead to anxiety, depression and burnout.

In case you couldn't think of anything to delegate, here are a few ideas: Laundry, Cleaning, Grocery Shopping (I love using Shipt)

WHAT WILL YOU DELEGATE & TO WHOM

A NOTE ON COMMUNICATING YOUR NEEDS

Before you panic and say to yourself "there is no way my (husband, mother, friends) will ever agree to support me by taking on tasks, ask yourself.....
.Have you ever asked?

This is where I struggled and still do. I have a whole conversation in my head where the other person says NO. However once I learned to take a few breaths and just ask I found out my partner and family wanted to support me.

A great resource I found and use is a technique called Non Violent Communication. Its not exactly what you think. Check out CUPOFEMPATHY.COM to learn more about this amazing practice that helps to uncover and effectively communicate your TRUE needs.

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STEP 5: TEST & ADJUST

Just like the seasons and the moon, we all go through different phases. The way that life looks today may not be the way it will look in 6 months or a year from now. Our lives change, especially as our children grow up. Time commitments when you have a 2 year old are different that when you have a 12 year old. Your schedule is going to look different during the summer when your kids are off, versus the spring or fall during the middle of sports seasons or play season. That is why it is so important to review and adjust your schedule as needed to make sure that the activities are still filling you up and bringing you joy.

You may learn that you used to love journaling for an hour and actually want to journal for 30 minutes and use the other 30 minutes to try something new like pull cards or read.

You may discover that the 15 minutes, twice a week, that you claimed to work in the garden actually needs to be a single hour once a week, or maybe 4 times a week for 15 minutes.

LIST SOME WINS

WHAT FEELS HARD

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I hope you enjoyed this free workbook. If you are looking for more support around this topic please be sure to check out my site. Wishing you love. Blessed Be

