

How to Protect Your Time

How to protect your time...and let's be honest, your energy.

Be Present - The best way to protect your time is to only focus on what you can do, in your current location and environment. If you're with your kids, stop working. If you're working, don't do things for your kids. Give your very best to what you're doing at any given time.

Prioritize - Only take on the most important things, the others will either get done by someone else, not need to be done, or fit in where you find time.

Limit Distractions - Learn to turn off notifications. No one truly wants you answering texts or emails when your focus is elsewhere. So silence your phone, email alerts, etc. and turn your attention to them when you can focus.

Set Clear Boundaries - Be honest with yourself about what all you can do physically, mentally, and emotionally. Be okay to set boundaries where you need too. Protect your energy!