

Ep #101: Self-Care Mindset



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With Your Host

Angela Kelly

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Hello, Empowered Principals, welcome to episode 101.

Welcome to *The Empowered Principal Podcast*, a not so typical, educational resource that will teach you how to gain control of your career and get emotionally fit to lead your school and your life with joy, by refining your most powerful tool: your mind. Here's your host, certified life coach, Angela Kelly Robeck.

Well hello, my empowered leaders. How are you today? Happy Tuesday and welcome to December. It doesn't seem like the holiday season is in full swing this year, at least not for me. I'm just coming back from almost a month of traveling, which has really skewed my perception of what time of year it is.

I've been gone in August and September and October and now November, and I just can't believe that the holidays are here. So, it all started up in Seattle. I had my first TV appearance, which was really fun, on the AWSP Channel and I did a keynote speech up there for the WELL Conference, which was Women Educators Leading and Learning.

It was the most heartfelt group of people. They were all in attendance to rejuvenate and reconnect to their vision of why they wanted to become a school leader and it was such a privilege to share my story with them, and hopefully inspire them to reconnect with themselves in a way that brings back the joy of educating children and mentoring teachers and leading their schools.

So it was really uplifting for me. I hope that I was an inspiration for them as well and I want to thank AWSP for hosting that event and for having me be a part of it. It was wonderful.

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I'd like to take a moment to dedicate this podcast to my mom, Sue-Anne Kelly, who peacefully passed this November 23rd. She's been my greatest inspiration and was my role model on the power of an empowered mindset. Her love of children was actually the reason I went into education. And for those of you who know my story – and I shared this at the WELL Conference, and briefly I shared in my book as well – my mom's health issues were a significant influence in my decision to become a coach for school leaders because I really wanted to have the flexibility to spend time with her and work from anywhere in the world.

And that has been my vision for years. And to make that a reality was so empowering and I'm so proud of the work that I've done and I'm so grateful that I made it possible to spend these last three years with her. And I have to say, I could not have done it without my coach. So a shout-out to my coach Stacey who helped me through all of the emotions and the motions of making my dream and this lifestyle and this business a reality.

It has been so worth all of the struggles of entrepreneurship, trying to get the word out, trying to help people, trying to help them understand who I am, what I do, how I serve them, how I serve schools. And, mom, I just want you to know, this podcast is for you. May I continue to evolve myself and make you proud. I love you so, so much.

On a lighter note, what's funny about dedicating this podcast to her is that my mom didn't even really know what a podcast was. She would watch my Facebook Lives, my videos, and she'd say, "Oh honey, I saw your podcast today, it was really good." Oh mom, thank you so much. You were such a big fan. I'm going to miss you being on my Facebook Lives.

And of course, I never really told her the difference between a podcast and a Facebook Live. I didn't want to break her heart and she would be like, "Oh, okay." She didn't really know the difference, so it was really, really

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cute. She was such a great cheerleader and such a fan. And she's going to be so missed.

So thank you to all who've been reaching out on social media and letting me know your condolences and your sympathies. I really do appreciate it. So it's fitting that I share her story and my story with you today because the decisions that led me into leadership coaching and school coaching were based completely out of love; love for my family, but also love for myself.

Before I had a coach, I based most of my decisions on what I thought other people wanted or what other people thought would be best for me. I didn't really take into account what I wanted for me. I didn't really even ask myself that.

And I felt terrible at times. I would make decisions thinking my parents want me to do this or my friends want me to do that or work wants me to do this. and even though it wasn't really what I wanted, I thought I was doing the right thing, and I'm sure there's many of you listening out there who do this. we make decisions based on what we think other people will think of that decision and I just kind of wrote it off as, well, this is what life is like, this is how it's supposed to be, it's meant to be hard and it's meant to be a challenge and we have to kind of pull ourselves up by the bootstraps and make it work, basically.

You know, I was working so hard to get approval from other people, but I wasn't even giving myself approval. And once I discovered Martha Beck and Byron Katie's work, I learned that I didn't have to self-deprecate all the time in the name of success, that I could actually enjoy my life and take much better care of myself along the way.

I have to say, getting into personal development has completely changed how I view everything in my life. And so during this month of December, we're going to be focusing on self-care. That's the theme for the month and

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we're going to explore why we don't self-care and the many ways that you can start to prioritize taking care of you so that you can find some relief in the pressures of the job.

Today, we're going to focus on what self-care is, what it actually is, and what it isn't, and how you can start to note what types of self-care that you personally need most and begin to implement them starting right now today. And this is a perfect time to do it because holiday season is coming up, it's a very festive time, there's a lot of family involved, there's a lot of events involved, and we can really get emotionally charged during the holiday season. So let's talk about self-care, what it really is, how we notice it, how we identify what we need and let's get to some self-care for the holiday season.

So, if we took a poll of school leaders all across America, you'd find that principals spend an average of 60 hours a week working. That's an average of 12 hours of work in a 24-hour period. And that's just during the workweek. That's not counting the weekends, which I know many of you also work on the weekend.

And the 60 hours is just an average. That means that many of you are working more than 60-hour workweeks. That's a lot of hours.

When you're focused on work for this amount of time, you have little to no capacity to focus on what your body needs. You just go into autopilot when it comes to your physical and emotional needs because your brain is so focused on getting as much work done as possible. You tune out your mental, physical, emotional needs because you're so focused on getting that work done, right?

It just tunes out the body's signals for sleep, food and water, restroom needs, exercise, sore feet, you name it, right. And this is when our brains kind of go into power-through mode. You work on very little sleep because

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you're working until the late hours or you're getting up early to check email and phone calls and get ahead of the day.

And sometimes you're up thinking about work for hours during the night, if you're like me, and writing things down and getting up and even working during the middle of the night because your mind cannot turn it off. I have been there. If you are in that situation, I totally understand. It is frustrating.

But what happens is we don't take the time to plan and prepare healthy food for our body, what our bodies really want. We kind of eat on the go. I know I did. We eat what's convenient or what we can eat while we're on the move. We certainly don't drink enough water during the day, or at least I tended to forget, or not even think about drinking water.

And personally, I would even wait as long as possible to use the restroom because I was so busy. I had to get this call done, or this meeting, or get into this classroom, or there's some emergency on campus, it seems like all the time. We're not even taking care of ourselves because we're literally tuning out the conversation that our body is having with us and the signals that our body is giving to us.

So I can even remember, like, I would be in my office trying to get something done without interruption and I would be afraid to go outside because I didn't want to get stopped in the hallway because then it would distract me and redirect my focus for the rest of the day. And it's kind of insane when you think about it. But it was true. That was where I was thinking.

So I know you're out there working so hard and everyone does appreciate the work you do, but we want to make sure that you are the best version of yourself physically, mentally, emotionally, all around. Because if you're not taking care of you, how can you take care of others? You know that whole

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saying, put your oxygen mask on before assisting others? That's what this podcast is all about.

When your focused on work, you aren't able to listen to what your body needs because you worry that if you do, if you actually stop to listen to what you needed, you would completely shut down and not get to all of the work you need to get to. I remember almost dreading the holiday season because I had been pushing so hard since July – July, August, September, October, November, and then you hit Thanksgiving. What happens? You get a little bit of downtime. You get sick or you're so exhausted you sleep the holiday away. Or you push through the holiday and then you get sick afterwards because you let yourself have that little moment of, "Whoa, I am burnt out, I'm tired."

And what happens is we don't recognize the brain's need to simply have some downtime. We don't allow ourselves the luxury of not thinking about work and we don't recognize the importance of not thinking about work and we don't tune into that emotional state that drives our day to day life.

We believe that fun and playfulness is a waste of time. Many of us do. And I know that, for me, whenever I find myself losing focus, I'd mentally reprimand myself for not being on-task, productive, you know, being focused enough. And I didn't see, back then when I was leading my school, that my body was so desperately trying to communicate and get my attention and beg me for just a few minutes of reprieve from the intensity with which I was approaching my job.

When we approach school leadership from a belief system where the job is the most important thing in our life and we must keep up and do all of the things expected of us, we will always be chasing our tails and burning ourselves out in the process. And I know that we say that our job is not the most important thing in our life because that's socially the correct thing to say, like it's socially polite to say your family is the most important thing, but

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come on, guys, let's admit it, in education, there is this culture of martyrdom.

We're in the business of children, other people's children, and we care very deeply about them. We care about our students' wellbeing. We want to educate them. We want them to be successful. We want them to learn so that they can then go out and live happy and productive lives.

We're very tied deeply to this mission and to our work and there's nothing wrong with being committed to your passion and your career until it deprives you of living a life that includes rest, play, and fun, and meeting your own physical and emotional and mental needs.

The single reason we don't experience more self-care and work-life balance is because of our work belief system. And a work belief system is just a way that we believe that we should approach our work.

Society's thought about work include these sentences; we should be relentlessly committed to our work. Being committed means working long hours. There's so much to do, I have to keep working. Change and results come from working longer, harder, faster. I need to do more. I'm not getting to the things I need to, therefore I have to take work home or work longer hours or stay in the office – you fill in the blank, right?

And overall, we really feel this sense of responsibility to get everything done. And the list just goes on and on and it runs very deep into our core. Work ethic is something that we've been taught from a very young age and it's not to say that there's not a place for a strong work ethic and that taking massive action in order to achieve huge goals is a problem. That's not the problem.

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Getting to work is how you achieve the results. However, when it comes from this place, this belief system that I'm not doing enough, I need to push myself, I'm seeking approval, and when we're coming from this place of not enoughness, from scarcity, from lack, the result that it actually creates in our lives is never enough.

And you can see this play out in your own workday, your own career. The more we believe we're not getting enough done, the more we perpetuate this whole cycle of not-enoughness.

We also have what Gat Hendricks writes about in his book, *The Big Leap*, he refers to this idea of upper-limiting beliefs. Upper-limiting beliefs are like a ceiling on what we believe is possible.

It's like there's a maximum that we believe we are either capable of having or capable of achieving. So, for example, we all have an upper-limiting belief about how much money we think we can make or how much money we believe we deserve to make.

We don't consciously run around thinking about our money limits or talking about them, but we all do have one. And it shows in the amount of money that we make. That is the result of how much we believe we are worthy of making. It's really crazy to think about it, but we run around with all these limiting beliefs about what we think is possible.

Like, physically, we think about, can I run a race or not? Could I finish a marathon or not? The difference between finishing a marathon and not is believing that you're capable of doing it. Some people believe there's no way ever that they would be able to run a marathon. Other people believe it's possible, even though they can't do it today, they know it would be possible to achieve it at some point in time, therefore they get started running, and before you know it, they're running a marathon, right?

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So, we also have upper limiting beliefs about our physical fitness, or relationships, our time, and so on, that impacts how we approach these areas of our lives. We have to be aware that these beliefs exist so that we can challenge them when we want to take our career or an area of our life to the next level.

The key to having a balanced life that includes self-care is to question the thoughts that are driving us into working 60-plus hours a week and asking ourselves, “Hey, wait a minute, is this really working for me? Am I accomplishing my work goals by approaching my work in this way? Am I feeling the way I want to feel about myself, my work, and my life? What do I value here? And how do I ensure that my actions are aligned with my values?”

Taking a minute to stop and say, what’s going on in my life and in my career and in my school leadership? Am I leading the way I want to? Am I living the way I want to? What do I value? And am I in alignment with those values? Very important questions to stop and ask yourself. And December is a wonderful time to slow down and think about what kind of life you want to create in the upcoming year.

So, let’s define what self-care is. Self-care is the act of knowing our needs and taking care of them as needed. It’s understanding exactly what we need to do for ourselves in order to stay on track or to get back on track. It’s the practice of believing our self-care is important and granting the time required to maintain our mind, our body, and our soul, and your heart.

We need to keep in mind that our brain and our body, they’re our most valuable assets that we can have. No brain, no body, no life, right? We can’t serve other people and help them if our mind isn’t performing and our body isn’t performing.

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So if we don't take care of this lovely body and brain that we have, our other top assets, which I believe are time and money, don't matter at all. As leaders in education, we must model the importance of self-care for our teachers, our students, and our entire community.

Now, when people say self-care, images of indulgent, like spa treatments and pedicures and taking mental health days tend to pop up. We tend to believe that self-care is an indulgent act. One that is excessive and extravagant. And somewhere along the way, society has made self-care mean that you're selfish.

I see this especially with my women leaders out there. We've been led to believe that if we prioritize ourselves in any way, that we're not contributing, or that we must not have a very strong work ethic. And, you guys, this is crazy thinking.

How can we contribute to our work if we don't have anything to contribute because we're burning ourselves out? Hey, I'm a girl who's all about treating myself to all of these things. And I'm all about you treating yourself to whatever it is that makes you feel amazing.

Now, it's taken me quite a while to realize that taking the time and spending money on myself and making myself feel amazing helps me be the best version possible of myself. When I have rested and exercised, I feel so much more energy. And when my hair and my nails are done and I wear clothing that I absolutely love, I feel like a bad boss.

When I spend time away from my work so that I can be with friends and family, I feel super fulfilled and loved and, you know what, when I spend time away from working, even though I love my work, I'm so eager to come back to it. Your brain and your body need the break.

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So now, when I take vacations, I fully celebrate my life and I celebrate all of the abundance that's available to me. Self-care is not a luxury just for the rich and famous. It is an essential part of each and every human being's life.

With that said, there is a difference between indulgent self-care and intentional self-care. So I've thought a lot about the difference between when we overindulge and we get into kind of buffering and avoiding tasks by being indulgent, versus being very intentional about our self-care.

So I've identified two different types of self-care, and let me see if you can relate to them. So, indulgent self-care is when we engage in activities, not because it's what we really need, but it's what we think will help us feel better, or we just subconsciously decide that we want to avoid taking the time to process what it is that we truly need.

It's like putting a Band-Aid on our self-care. You're going to know the difference between indulgent self-care and intentional self-care because of how it will feel when you experience it. Indulgent self-care will include a rationale as to why you should be doing it. It feels like you have to make up an excuse or talk yourself into it, or it can come with a sense of guilt and slight resistance.

It can also show up in the form of feeling really good in the moment, but not resolving the deeper yearning of what it is you really need. I use happy hour as an example. There are times when meeting up with a girlfriend for a glass of wine after work is just what you need to relax, catch up, and detach from thinking about work for a minute.

We all need time with our friends. But there are other times when we think that that happy hour is so what we're looking forward to, and yet, when we go, we might enjoy it in the moment we're there because it allows us to kind

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of physically leave work. And when we get home that night, we don't really feel fulfilled.

Have you ever had that experience before where you do something for yourself that you think is going to make you feel better and it's only very temporary? I know some people do that with shopping. They will buy things because that hit of dopamine feels good in the moment, then you get home and you're like, "Oh my gosh I spent so much money, I don't really need this," or, "I already had a black dress, why did I buy another one?" You kind of question yourself, like, "What was I thinking at the time?"

What you were thinking was that shopping was going to be the solution, but it really wasn't. And I think about happy hours being the same way. There were times when it was exactly what I needed and then there were other times where I felt a little restless when I got home. It didn't really fulfill the self-care that I needed.

And we do this sometimes. We indulge in things that we think or that seem like they're going to feel good in the moment, but in the long term, they don't really provide us the sense of care and balance that we're looking for; things such as binging on TV, shopping, like I just mentioned, volunteering.

A lot of people I know would volunteer. They'd work all day and then go to their child's school and volunteer all night or weekend, thinking that they had to continue to contribute. Lots of people overeat or overdrink and they think that they're indulging in self-care and relaxing. And they're looking for that initial hit of relief versus taking a moment to stop and ask themselves what their body needs most right now.

Now, this is different than intentional self-care. And intentional self-care is what I'm going to be promoting to each of you this week. And that is when you tune into your body and you take time to figure out exactly what it needs in order to feel better.

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It's not about participating in activities we tend to label as self-care. People will tell you, you should go treat yourself to a pedicure this weekend, you totally deserve it. Or they'll say, like, just take a day off.

Other people want us to self-care and they think that they know what's best for us and how we should refuel our bodies. And while their intentions are always good, their suggestions are really just oftentimes what they personally enjoy or prefer to do for themselves. Have you noticed that?

But real self-care is about knowing yourself and getting a deep sense of what you personally need to take care of you physically, mentally, and emotionally. You're the only one who can really know what it is that you need and it requires us to slow down and ask ourselves what it is that we actually need to do. And we don't answer from our brains, you guys, we answer from our body.

You need to ask your body, what is it that you need most right now? What would feel amazing right now in this moment? Oftentimes, what we think that we need isn't what our body really desires.

In the happy hour example, I used to think that what I wanted was to go out with my friends after work. And we'd have a glass of wine and appetizers and then I'd leave not feeling much different than I really did before I went out. And once I learned to tune into what it was I really wanted and what my body really wanted, the answer, more times than not, was go home, put on some comfy clothes, and go to bed early.

Listening to what I really needed, even when my brain would argue with me that I should go out because it was good for building relationships with my colleagues and it was team-building and that people were going to wonder why I wasn't being social after school, once I really just listened to what I needed, sometimes I went out when I felt like it, and when I didn't, I politely

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declined the invitation. And then, that really was the start of truly feeling like I was taking excellent care of myself.

So I invite you to ask yourself what would feel amazing right now, what does my body most need right now? And it can be mental, it can be physical, it can be emotional. What is it that you most need right now? What would feel so good right now?

For me, I think I just worked myself to complete exhaustion all the time, and if I answered the question honestly, it was almost always go home and relax or go to sleep. I was so tired all the time. And I'm sure that many of you can relate to fatigue.

So invite yourself to be very intentional about your self-care and not to just do things that other people think are good for you or healthy for you or what you need to refuel. You have to answer that for yourself.

I want to talk a little bit about creating an emotion. When you think about the purpose of self-care at its simplest form, it really comes down to creating a certain type of emotion for yourself. If you think about why you want to self-care, it's because you want to feel a certain way.

Perhaps your desired feeling is rested, alert, or energized. Or maybe you want to feel really healthy and pulled together. The actions of self-care are driven by a desired emotion that you want to feel. And in the STEAR Cycle, you can put the emotion you want in the R-line and ask yourself what act of self-care would create that result.

So, if the result you want is rested and energized, what would you have to think, feel, and do in order to create that result? Self-care is an action that we take that creates an emotion and the result that we want. So in order to take that action, you have to explore what thoughts and feelings that you

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have about self-care and ask yourselves how committed we are to giving ourselves the care that we need. What will cause us to take that action of self-care?

Because, ultimately, the reason that you self-care is because of the way it's going to make you feel. It's so crazy, everything we do is really all about our emotions and how it makes us feel. So putting an emotion in the R-line is fascinating because if you want to feel a certain way, what do you have to think, believe, basically, and do in order to get that result? Try it out. It's really fun.

Here's another thing to think about. I love to think about my future self; the woman who a day from now, a week from now, a year from now benefits from the actions that I take today in terms of self-care. As mammals, as little human beings running around in the earth, we are wired for instant gratification. And that just means that we want to feel good in the present moment. It's not a bad thing to want to feel good in this present moment, but the decisions we make for instant gratification can impact our future self, the woman who is going to be answering to those consequences or those results in a month from now, a week from now.

So, for example, eating the donuts in the staff lounge feels pretty good in the moment, right? It's like, "Woo, yay, somebody brought treats, I'm going to grab a donut." And we pop it in our mouth, it tastes so delicious. We have it with our coffee and it gives us that instant hit of dopamine to make our day feel a little bit better.

And a donut here and there is not the problem at all. It's never the donut's fault. But we do know that if we choose to eat donuts as a daily way of making ourselves enjoy our work, that over time, that's going to lead to a result in your future that you may not necessarily want.

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When you're deciding what kind of self-care that you need in the moment, it's important to stop and consider your future self because your future self will have to live with the result that you're creating in this moment. What would your tomorrow self want from you today?

Is she going to be grateful that you polished off that whole bottle of wine last night? Or would your future self want you to maybe have one glass and then have some seltzer water or lime or something. I don't know why, I guess I'm on a drinking kick today, but I know that sometimes, without thinking, I was having two or three glasses of wine after work, not realizing, like, I don't really want to feel groggy or tired in the morning, I want to feel amazing.

So, think about what your future self would want. Would your future self want you to avoid hard conversations at work? Think about that one. Would your future self want you to procrastinate to the last minute and have to stay up late working on a project or a paper or whatever paperwork you have to get done?

So, think about your future self and love on her. Do things now that will matter to her. Self-care isn't only about the emotion you want to create for yourself right now in this moment. It's about the emotion that you want to create in your life for the long haul.

One more thing before I summarize all of this. When we decide to self-care after we've been denying ourselves for so long, it's kind of like the kid who never gets candy and then, when they go to Grandma's house, they pig out on the candy bowl. You know that feeling of like they've been denied so long that when you dive into getting what you want, you overcompensate?

This can happen with self-care. If you are somebody who's really denied yourself for a long time, you might dive deep into the pool and do, okay that's it, I'm going to go, I'm going to do all of these things, and then you

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have kind of an indulgent self-care hangover, like the over-shopping experience I was talking about, right?

It's almost like we want to overindulge in our self-care once we get a little taste of it. This is where we have to include our brain in the process. Our body is what communicates our need for self-care, yet we have this strong desire for instant gratification. And that instant gratification can take over and we find ourselves overindulging.

We need to use our prefrontal cortex to determine how much is enough and when we're seeing a decline on our return on investment. So for example, like I was talking about earlier, one donut's not going to hurt you at all, but if you don't self-regulate and constrain, you might find yourself eating two or three or four to the point you feel physically sick or gain some weight and it can really add up to unwanted results in your future like extra pounds.

Choosing sleep over work is actually a really healthy decision, but if you blow off work commitments in favor of relaxing, in favor of taking time off, in favor of sleeping, you're going to experience negative consequences, maybe not in the moment, but in the future. So it's all about balance. If you notice yourself slipping into a more indulgent mode, don't stop self-care, just adjust slightly.

So, in summary, what we want to do is, number one, value yourself and your needs. Practice your self-care mindset. That is the belief that you are worthy of taking excellent care of yourself. You have to believe it before you can achieve it, right? So you have to practice believing. That's the hardest part is allowing yourself to believe that you know exactly what you need and how much of it you need in that moment.

Number three, stop and listen to your body. Let your body answer your self-care questions for you. Number four, just ask it what it needs most right

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now, what feels like love, what feels like balance in my life right now? Is it aligned with my values?

Number five, once you have the answer, take care of it as soon as possible. And if you can't take care of yourself in that moment, schedule the time on your calendar. Assign a date, a time, and a duration. You have to put it on your calendar or it's not going to happen because your brain is going to talk you out of it and you're going to keep doing and approaching your day the same way that you have been and getting the same result. If you want more self-care and more balance in your life, you have to be willing to spend energy, time, money, all of your assets, you need to shift and allow yourself the time and energy and focus to doing that.

Number six, notice if you are choosing intentional self-care or if you're buffering with indulgent care. And you'll know the difference by how you feel after you've completed the self-care task. If there is a sense of guilt or overspending, overeating, that whole feeling that comes after that shame or guilt or embarrassment, that's when you know that it's an indulgent self-care act versus an intentional self-care act.

And finally, if you do find yourself buffering with indulgent care, just take notice, but do not beat yourself up for it. Just forgive and adjust. I totally allow myself to indulge in buffering once in a while. I've been doing it a lot this past couple of weeks as I'm grieving my mom. I've allowed myself to just go mindless, to just sit, to just think, to not do work, to not post on social media, to not answer the phone, just sit and be, be with my family, be with my sister, my dad, you know, my own personal family, my husband and my son.

We're just spending time together and I'm letting myself do that. And so I invite you to allow yourself that downtime because, when you do, you'll be so eager to get back at it. And what's funny is, when you allow it, you actually kind of grow tired of it.

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Like, sometimes I'll say to myself, okay, you get an hour, you're just going to do whatever you want, be as indulgent as you want with your time. And then, when the hour's up, you get back to business. And normally, I don't even make it to the full hour. I kind of get over it and I get back to business before the hour is up. It's pretty fascinating when you allow it, you don't need as much as you think that you need. It's pretty cool.

So, I hope that this concept of intentional self-care will help you see the difference between the two, getting very conscious with your body, asking it what it needs, asking your heart what it needs, your mind, your soul, giving it what it needs and then getting back at it is the balance that you're seeking and it is possible to achieve it.

So, if you have questions, please reach out. I am here for you. And hey, I just want to remind you that mastermind is starting in January. If you haven't had a chance to sign up yet, please do. I want you there.

If you have any questions, just get on my website and sign up for a consult call and we can answer any questions that you have. If you find that you would prefer more personalized coaching, that's great too. Just give me a call and we will get started.

I love you guys. Have an amazing week. I'll talk to you next week. take care, bye-bye.

Hey there, my fellow educator. Are you yearning to go a little further with these concepts and learn how to apply them in your everyday work situations? Do you want to feel understood and more connected with likeminded school leaders? If so, I'm super excited to offer you, for the very first time ever, the Empowered Principal Mastermind.

Ep #101: Self-Care Mindset

It's a safe space where we can talk about the real issues that you face on a daily basis and support you in evolving your leadership and your life to the next level. For more information, simply go to angelakellycoaching.com and click on, "EP Mastermind." We start this January. I can't wait to see you on the inside.

Thanks for listening to this episode of *The Empowered Principal Podcast*. If you enjoyed this episode and want to learn more, please visit www.angelakellycoaching.com where you can sign up for weekly updates and learn more about the tools that will help you become an emotionally fit school leader.