



Practical Steps for Prioritizing Self-Care



1. Mindful Mornings: Begin your day with intention. Dedicate time to activities that ground you, such as meditation, journaling, or a leisurely breakfast. Do something that “sets your soul on fire,” as Jennifer Lee coined, and fills your emotional tank.

2. Boundary Setting: Establish clear boundaries between work and personal life and allocate time for family, hobbies, and relaxation. Communicate these boundaries to your team, and remind your agents not to feel like they need to be available at all times, but demonstrate that boundaries between work and family time are vital for everyone.

3. Delegate and Empower: Acknowledge that you can't do it all. It's OK, you aren't actually expected to do it all. Delegate tasks to team members, empowering them to take ownership and contribute meaningfully. Not only does this alleviate your work load but also fosters team growth, and gives agents the opportunity to learn new skills.

4. Continuous Learning: Invest time in personal and professional growth. Attend workshops, read books, and engage with mentors to stay inspired and adaptable in your leadership journey. The human brain is wired for learning - every time we learn something, new synapses form in the brain, which can then be used for other thinking and problem-solving activities.

5. Physical Well-Being: Prioritize regular exercise, a balanced diet, and sufficient sleep. These fundamental pillars of self-care are essential for maintaining physical and mental vitality. Not only do these pillars rejuvenate our mindsets, but they help prevent diseases, mental-illness, and can even extend your life.

