



Georgie Coote
Coaching

It's time to put
yourself first!

Discover how to change your mindset and
put yourself first without guilt

Welcome

I am happy you are here!

You are in a place of wanting and needing something to change but perhaps don't know how you will make it happen.

It's normal to feel a little lost at the start of a new journey but with me as your guide, you can take each step one at a time.

You can gradually find your path and start to make the changes in your life you know will increase your wellbeing and happiness.

So step into this journey with me, I'm here alongside you, are you ready?



Georgie Cote,
NBC-HWC



Learn to put yourself first



It might feel unnatural to consider your needs more important than others after so many years of putting yourself last.

It's a hard mindset shift to make, but it will get easier over time with practice and self-compassion.

So how do you start making the shift to putting yourself first when it might feel very uncomfortable to you?

Let's take a moment to recognize that feeling of being uncomfortable. When we step out of our usual comfortable place, we often start to feel very uneasy, and no one wants to feel that way.

It would be easier to stay in that place of feeling comfortable and being in the space you know well, but that is not where you will grow and change.

Staying stagnant is not for you. This first step of downloading this PDF tells me you want more for yourself and know that you have to make some changes.

So let's take this first step together, learn to keep promises to yourself, and start to put yourself first.

Keep promises to yourself

How often have you planned something over the years, and one of your kids, family, work, or friends needs something from you, and you change your plans because you think their needs were more important than your own?

It's something we all do as mothers, and it becomes a bit of a habit. When our kids are young, yes, we have to be flexible, and it feels like we have to put ourselves last, but as they grow older and more independent, we can start to set boundaries and make our needs a priority.

Let me ask you these questions.

- Do you give up your plans if someone else wants you to do something with them?
- Do you feel guilty saying no?
- Do you consider your time is not as important as someone else's?
- If you say no, do you think you are giving the message that you don't care for the other person?

If you have answered yes to any of these questions, you are limiting yourself by believing that giving up your commitments to yourself shows that you love and care for others.

But it's time to start believing something different that is more true for you and the person you are now.

Let's start to make the shift to believing something different.



It's not selfish to love yourself, take care of yourself, and make your happiness a priority. It's a necessity.

Mandy Hala

Reflection time

Take some time reflecting on this question;

What do I tell myself about putting myself first?

Put a few minutes aside when you will be undisturbed, get comfortable, perhaps light a candle and be intentional that this is your time for yourself. Take a few long deep breaths to get yourself focused, and then journal, draw or record your thoughts on your phone, whatever suits you best.

What do I tell myself about putting myself first?

What can you believe now?

Next, consider the statements you have made about putting yourself first and think what is more true now; how can you change the story you have been telling yourself to now believe that putting yourself first is essential to your wellbeing.

Here are some examples:

"If I say no, they will think I don't love them" - more true "I show them how much I love them in so many ways, saying no won't change that. They will understand".

"My time is not as important as theirs" - more true. "My time is just as important, and I can show them how important it is to respect each other's time.

"I will have to find a good excuse to explain why I am saying no," - more true "I don't have to make excuses or apologize for my own decisions."

What can I believe now about putting myself first?

Continued...

What can I believe now about putting myself first?



Need more support?

Book a complimentary 45-minute call

Let's talk about where you are right now and where you would like to be in the future and experience a few minutes of transformational coaching.



www.GeorgieCoote.com



info@GeorgieCoote.com

