

Love your inner leader

Many of us women fall into playing many different roles in our lives such as mother, daughter, sister, friend, spouse, worker, boss, etc. As we fall into these roles we often give up a part of ourselves or put ourselves aside to fulfill what we think are the expected shoes of the role we are playing.

As a mom, the needs of your family, your kids, your spouse, the school, your job or your never ending to do list can easily come ahead of you or your needs as a person. As a result, at the end of the day you may find that you are totally exhausted and that there is no time or energy left for you. As we continue this pace and living on autopilot. This becomes a practice over time and we often forget who we are, what we want and what our dreams for ourselves and our families were.

So how do we stop this? It starts with acknowledging and loving your inner leader. You may be asking what or who is that? Where can I find her? What will she do for me?

Your inner leader comes from that deep place within you that holds your strength, knows your truth, and is home to your inner wisdom. She comes from the core of you, a place of integrity, authenticity, and vulnerability. Your inner leader knows who you are and who you want to become. She keeps you connected to your dreams and desires and whispers to you when she isn't being heard. She stands up for you and what really matters most to you.

Your inner leader is always within you. She may need to be awakened and nourished so she can best guide you toward what is most important to you.

How do you wake her up? First, you have to put you on the top of your to do list. You need to book some time with yourself and ask what is most important to me.

What is the biggest priority in my life?

Take some time to really think about and answer this question. Get really clear. Then look at your to do list and ask yourself what is not in alignment with your biggest priority. What can you say no to and remove off the list? What can be postponed or put off till later? What can you delegate or hire someone else to do?

What do you need to do for you? Are you making self-care a priority? Did you say yes to yourself and add you to the list?

Loving your inner leader is allowing yourself to listen to your inner wisdom. It's about asking yourself what do you really want and what really matters to you. It's giving yourself permission to put you on the top of your to do list, to take time for yourself and practice self-care. To develop the strength to set and establish boundaries and to say no when something is not serving you. Your inner leader values who you are and who you want to become. She holds a sacred place for you to dream, to be yourself, to give yourself permission or to just simply be.

Your inner leader helps you to get clear on your values and priorities. She helps you to set goals. She is loving and compassionate. She helps you to live in alignment with what is most important to you. She serves you to become and be the best you. She is wise. She is reflective and retrospective. She is a problem solver. She is your truth.

Loving your inner leader allows you to build and develop your leadership skills from within so you can be stronger and more effective in your life and as a mom.

You only get one life to live. Live it on your terms. Be the leader of your life.