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# WHO LOOKS AFTER YOU?

**So you're a beauty therapist, an employer, a wife, friend, maybe a mum, or daughter – your sole role in life is essentially caring for other people and making them feel better.**

Simultaneously you're running a business, looking after advertising, paying the tax, finding clients, juggling the holiday pay...

Stressful? Yes. Sustainable? Not for long...

You can't fill from an empty cup, so my question for you is how do you do it all?

What's the magic formula?

## The wheel of life

There's a well-known tool that life coaches use called the Wheel of Life.

You take a look at five or six different aspects of your life and you plot out where you are on a scale of 1 to 10. If you can comfortably draw a wheel then the wheel can turn and you can move forward in your life, but if the wheel can't turn because somethings out of balance then you need to go and address that part of your life.

I did this exercise about seven years ago and found my relationships/

happiness was utterly out of kilter (I was just about to leave a super crappy marriage and so that was understandable).

Knowing what I was about to do, knowing that money was about to become a big issue, and knowing that I couldn't afford to fall apart, made me think wow I need to find a way balance my entire life and so that's what I did.

## We are our habits

Whichever way you look at it we are a product of our habits. If you have great

habits you have great outcomes. If you have terrible habits you have terrible outcomes.

If you have a habit of eating the children's leftovers rather than making yourself a meal, then after a while that habit is going to show up in your body (and your mental health).

But if you have a habit of getting up an hour before everybody else and going for a run, that habit is also going to show up in your body (and your mental health).

And if you have a habit of having one glass of wine every night, but habit says that that one glass turns into three, then that is going to show up on your skin, in your weight, and in generally feeling a bit rubbish.

I decided I needed a system to keep me

sane whilst I went through this crazy period of my life, and this system has now become my life. The best way to create systems, is to create habits. I now teach this system to other female businesses owners, to other therapists, and to my therapy clients. This system didn't just save my life but actually helped create an incredible life for me and many others.

## Five simple steps

### Step 1. Do one thing every day that 'feeds the bank'

Money is the biggest source of stress in day-to-day life. You need to do one thing every day that proactively either makes money or saves money. It will give you a feeling of being in control.

It's very easy to wander through our days busy with admin, marketing and fluff and not actually confronting the issue of income and expenses. By proactively doing just one thing every day, it will change your whole mindset around how financially empowered you are.

### Step 2. Do one thing every day which 'feeds your brain'

Every day you must do one thing which makes you smarter, because when we feel smarter we feel more confident, and when we are more confident - our life is just easier. I'm not talking about taking up a degree course or studying for exams. Just make a commitment to learn one thing every day. Take two minutes to read an article about a new process, a new product or a different way of doing things.

Two minutes a day adds up to a phenomenal amount of learning over a year and I promise you will feel so much more confident, even after just a week of doing this.

### Step 3. Do one thing every day which 'fuels your brand'

The key in this one is actually just **one thing**. It's a very easy to fall down the Instagram rabbit hole, or become a Facebook keyboard warrior. But actually, to run a strong successful business you just need to do one thing every day that fuels your brand and whether that's your personal brand or the brand of your clinic doesn't matter. Just deliberately do one thing that fuels your brand and puts you in front of the right people.

### Step 4. Do one thing every day that 'nourishes your body'

As I said in the beginning, the type of people who care for others are generally the type of people who put themselves last. I want you to very deliberately do one thing every day that nourishes your body; whether that's a walk in the fresh air, a gym class, a healthy meal or maybe it's just NOT having the second and third glasses of wine.

### Step 5. Do one thing every day that 'feeds your soul'

Take five minutes and say to yourself, this is just for me. Get your brows done, play with your dog, have an ice cream. It doesn't need to cost money or take long. The psychological value of making a deliberate decision to look after yourself above anyone else just for those few minutes is immeasurable.

I put this system to work in my life just to get through my crappy breakup. And it was incredible. Then I put it into my staff job descriptions and our performance as a team skyrocketed. Now I teach it every month and it's dynamite for anyone who implements it.

It's the one sure way to make sure you're looking after you and your business, and to help make sure you never have to fill from an empty cup. 🍷

By  
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