LIGHTEN YOUR LOAD

5 steps to help you reclaim your time + energy

A creative way to refresh your to-do list in 20 minutes... so you can feel lighter & more in control of how you're spending your time!
LIGHTEN YOUR LOAD

with Brigid Dineen - Life Coach for Lasting Change

I’m so glad you’re here.

It’s clear that you’re serious about finding ways to create more space for yourself in your life. Society glorifies being busy - and you want none (or at least a lot less!) of it. Here, we glorify authenticity, integrity, and wellbeing. We glorify the real YOU.

In case nobody’s told you lately...
You have a choice.
Your desires matter.

My name is Brigid Dineen, and I’m a life coach for smart, busy women. I am beyond passionate about wellbeing. Through a customized blend of self-care, healthy boundaries, and tuning in to your own desires, I believe that you can access so much more freedom, balance, and fulfilment in your life.

I help overwhelmed, unfulfilled women put themselves back on the priority list, learn how to say no without feeling guilty, and finally focus on developing their dreams...all while being kind, loving, and supportive of those they care about.

If you’re ready for that, you’re in the right place. Lighten Your Load is a great first step in the direction of the freedom & fulfillment you crave.

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Feeling drained is a natural part of life - it ebbs and flows. We can’t be up and energized all the time. But if it’s becoming a trend, it’s time to call a time out.

The Ideal Woman does it all. She’s a caregiver and has a successful career. She’s conventionally beautiful, fit and she’s a good cook. Always calm and relaxed, she’s there for everyone, selfless, always smiling.

**The Ideal Woman is a form of oppression that we’ve internalized.**

We give it voice through our inner critic, who constantly gets us into commitments that are just too darned much. And because we said we’d do it, and because we keep our word, we just keep pushing, even once the sting of resentment has hit.

We don’t give ourselves permission to change our minds.

We don’t give ourselves permission to want stuff for ourselves.

Before we know it, our lives are made of how we serve others, while our own desires get left on a dusty shelf.

I hear women say “It has to get done. And if I don’t do it, nobody will” all the time. Maybe that’s true, but let’s just take a moment to think about what it’s costing us.

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Time. So much time.
Energy? Hell yeah.

Of course, it increases our stress levels and along with it, our reliance on whatever likely unhealthy coping mechanisms happen to be our style.

This causes conflict in our relationships, and it causes conflict in our own hearts.

This cycle of discontent quite frankly sucks.
So we are here to interrupt the cycle.

We are here to find lightness, which will in turn increase our energy and motivation to focus on what matters most to us while ditching the rest.

It’s time for more happiness, more fulfillment.

Now, of course, some crap still needs to get done. This is not an exercise in going on strike (although you’re welcome to do that if it resonates with you.)

Instead, we’ll explore how the smallest of changes can make such a big difference when we’re looking to get our time and energy back.

Calling a time out is so important. It gives us the opportunity to reflect and get real about our feelings so that we can live consciously.

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When it comes to creating lasting change, I cannot overemphasize the power of turtle steps.

We often keep ourselves stuck simply because the change we want to make in our heart of hearts feels too big and scary.

And so we do nothing.

We rationalize it all, and don't give ourselves the space to play with the options in between.

Lighten Your Load changes all that. In the next 30 minutes or less, I'll guide you through five simple steps to help you reclaim your time, energy and peace of mind.

You deserve this.

I'm going to walk you through 5 simple steps to begin reclaiming your time & energy. They’re simple, but powerful. And it's a process you can repeat anytime you’re starting to feel overwhelmed - whenever you need to create some space for yourself.

To get started, you’ll need a pen and paper. Give yourself a 30-minute window to go through this guide (so that you don’t feel rushed). There are five simple steps. The real meat of the process is in Step 4 - most of your time will be spent there. You can do each step right now, and come out the other end with a personalized plan that you can implement right away. Relief is just around the corner...

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STEP 1
brain dump

You know all the shit you have to do? Write it down. What’s on your to-do list right now, or in a typical week? Write it all down. Get it out of your head and onto the page.

Ready? GO!

STEP 2
quick rank

It’s time to connect with your gut and rank your tasks.

Now, I know you’re going to want to intellectualize this. We all do. We want to rationalize that things are ok. This is common, and we’ll get through it together. Soften your heart and open up to new possibilities!

The voice in your head that tells you not to complain isn’t going to like this one. She’s going to tell you that everything’s fine. Send her on a coffee break.

You have full permission to be brutally honest right now.
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Instinctively, from the gut or the heart, in 5 seconds or less, rank each item on your list.

If you take more than 5 seconds, you’re thinking too much about it. Quick and dirty is the name of the game for this one. Nothing bad will happen if you admit that you hate making lunches or driving through rush hour traffic to pick up the kids. Now is the time to give yourself some space to express and explore that.

I invite you to use a scale of -10 to +10, where -10 means that you really can’t stand it at all, it totally depletes you, and you always loathe doing it. Positive 10 means that it brings you joy and lightness and it’s one of the things that fulfills you. Zero is neutral, meaning that you don’t really feel one way or the other about it.

Take a deep breath. Feel your hands & feet, your fingers and your toes. Go with your gut.

Ready? GO!

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When I work through this process with my clients, I’m always delighted to see how many things on their list actually DO light them up. There are some things that we take for granted, or forget about, that really do fulfill us.

Let’s take a moment now to acknowledge these. Looking back at your list, notice which items fall on the positive end of the scale.

**Write them all down in a new list, and take a moment to tap into the gratitude you have for these bright spots.**

Think about how you feel when you anticipate doing these things. Think about how you feel as you do them.

Allow a sense of warmth to fill your heart as you sit with gratitude for just a moment.

Take a deep breath in and out…and be thankful.

Ready? Go!

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STEP 4
The 3 B's

Alright. So now, we’re going to focus on the not-so-great stuff. Because we’re got to go there if things are going to get better. We can’t just positive-think our way to a better life - we need to keep it real and take inspired action.

Notice which items ranked negatively for you. Choose the 3 worst items - the ones with the lowest ranking, or the ones you have to do most often. We’re going to apply what Martha Beck calls the 3 B’s to these tasks. What are the 3 B’s? I’m so glad you asked...

Bag It (JUST STOP ALREADY!)

Sometimes, there are things on our list that we’ve convinced ourselves are essential, but upon further reflection, we could totally stop doing them and the sky would not fall. We can just let it go. Pressuring yourself to keep volunteering even though it’s really weighing you down? Take a break! Put it on pause. That book club meeting you offered to host? If it doesn’t feel fun, bow out gracefully! It’s worth checking in to see where you can let go...but don’t be surprised if nothing seems to fall into this category right now. That’s ok - just keep going on to the next step for now.

Barter It (FIND SOMEONE ELSE TO DO IT)

For those things that you really hate, consider any creative ways you might be able to barter. Maybe you hate doing laundry, but love doing groceries. You could pay a laundry service, or, if you are partnered, swap chores with them so you can do more of what you like and less of what you loathe.
Better It ("TAKE A SAD SONG AND MAKE IT BETTER")

Okay, okay. You were right. Some things have to get done, and maybe you’re the one to do them. That’s real - I get it.

This is your chance to get creative and see how you can improve the experience. You might listen to your favourite music or podcast to ease the discomfort of your commute, or treat yourself to something lovely after cleaning the toilet.

You get the idea...

For your three worst tasks, write 10 ways you could Bag It, Barter It, or Better It. Even if they’re things you would never do. In fact, even better if you can’t see yourself actually doing it. Analysis is the enemy of creativity, and for now, we want those creative juices flowing.

So, for each item, out of the 10 ways you could apply the 3 B’s, go ahead and make sure that 3 of the ideas are outrageous or maybe even impossible. Let yourself play..

This will help more ideas come to the surface, and that’s when the magic happens. You don’t have to find the perfect solution the first time. Don’t even try. So, 3 tasks, 10 ideas each, at least 3 of which are ridiculous.

Ready? GO!
Great job!

I know that last step can be a doozie. It can be tough to suspend our disbelief and come up with silly ideas. It’s impractical...but it can help solve our problems in a non-linear way.

**STEP 5**

*choose one thing*

Now that you’ve got 30 ways to Bag, Barter, or Better your crappy tasks, choose one thing that you feel inspired to implement.

**Just one thing for now.**

Once you’ve got that going, you can add a second and a third.

Stuff that sucks has an exponentially negative impact on our time, energy, and peace of mind. Meeting what drains us with creative solutions can really give us life.

**A little bit goes a long way.**

When I first did this exercise, my negative items were carrying groceries home and carrying laundry to the basement in my building. The heavy load literally dragged me down. I was surprised that they were such silly little things, but the truth was that they really did drain me. I hated lugging all that heavy crap around.

**So, guess what I did?**
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I bought a new laundry bin - with wheels. I bought a shopping cart - with wheels.

I kid you not, problem solved.

I felt so much better! I was no longer super-annoyed when the time came to do laundry or buy groceries. It made all the difference to me. My energy shifted immediately.

NOW WHAT?

you are not alone

First of all, I'm here for you! I’d love to hear, what one thing are you going to implement this week? Shoot me an e-mail at brigid@brigiddineen.com and let me know so that I can cheer you on!

Secondly, be sure to join my private facebook group, Breathing Room. Share your process & insights there, and connect with like-minded women who are working to prioritize their wellbeing too. Join here!

Finally, stay tuned for more resources to help you put yourself on the priority list, say no without feeling guilty, and finally focus on developing your dreams.

Curious about coaching? The deep magic happens when we connect one-on-one to move through whatever’s keeping you stuck.

To book your free, un-sleazy, no-obligation consultation and learn more about how we can work together, click here.

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