



The biggest mistakes women make when it comes to getting their mojo and “me time” back

Women cry out for more energy and more “me time” – hankering after long awaited nights off (if not minutes off) without responsibilities, but often they are their own worst enemies by sabotaging everything and then feeling even more exhausted, resentful and ready to run away from it all.

So what are some common mistakes women make and how can we get our mojo and “me time” back?

- **We continue to keep our “superwoman” cape on** – saying “yes” to every request, demand, job or rescue mission that comes our way. When you decide to take “me time”, definitely take the cape off! Say no and walk away calmly. Life will go on and whatever may initially have required your efforts, will be dealt with in a different way.
- **We think we are the only ones who can do the job as well as we do.** There could be some truth to this, but it could also be a load of rubbish! Sometimes we don’t even give others a chance to step up and do the task, let alone do it in a different way. Who knows? The different way might work even better! And that person may even love doing it!
- **We have perfectionist or “not good enough yet” tendencies.** One thing my ex-husband taught me to ask myself is this very empowering question. “Does it really matter?” In most cases, it doesn’t! If dinner is delayed by half an hour, does it really matter? If the email has 5 bullet points rather than 6 more carefully worded messages, does it really matter? The sky will not fall down!
- **We “waste” a lot of running around on others when a collective effort might be a more useful win-win** for other superwomen as well as ourselves. We seem to have it in our heads that we shouldn’t ask for help or we will be a pain in the neck if we share the load, talk to the boss re some well-needed time off, or ring round some friends to make our “get away” possible. Do less by sharing more. Get more “me time” by taking a good dose of “deservedness” and learning to receive with a smile.
- **We don’t have a clear idea anymore of what simple things would really nourish and energise us.** We are often so used to ‘doing, doing and doing some more’ that we are not really sure how to spend time in “doing nothing” or “doing less”. Perhaps it’s a walk on the beach that would do your soul some good. Maybe it’s time under the covers doing nothing that would invigorate you. Increasing our mojo can happen in the simple things.

- **We stay in “guilty” mode rather than gutsy mode.** Have the balls sometimes to go after what you would really like. Think bigger. Think desire. Think passion. Think extravagance. Yes it might be that you spend a load of dosh on yourself for a week long retreat. It might be that you decide to spend a weekend in bed with your lover. Why not? It might be that you would like to start an art class. Get the balls, make a plan and do what it takes to have that as a reality.
- **We feel exhausted so we would rather flop into bed than go out and expend some energy which may in fact energise us.** What I find is when I exercise, move and groove, I get even more energy. A five hour night of dancing is not exhausting for me, because it also fills my “soul” bucket of meeting people, being out socially, partner dancing and being in my body. Allow yourself some time to “sweat it out” in a way that you enjoy.
- **We spend far too much time on technology and the “work” that comes from it.** No, the computer and phone are not “time-saving” devices despite what most people think. Religiously put away your phone and turn off the computer sometimes. And on that note, stop reading this article. You have enough goodies to ensure you get your mojo back and some more “me time”. Enjoy!

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