


YB  LIMITED

WE ARE BUILDING A COMMUNITY
**WHY PERMISSION TO
THRIVE**

#STRONGERTOGETHER



*Permission To Thrive
with Yvonne B*





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INTRODUCTION

WELCOME!

Hi, my name is Yvonne Bignall and I'm an award-winner trainer & women's health advocate, qualified life coach, personal trainer, Nordic walking instructor, nutrition coach and best-selling author, connecting with women 50+ who are fed up with putting themselves at the bottom of their to do list but who struggle with the concept of putting self-first.

It's selfish right? Wrong!

It's a rare occasion for me to meet a woman who comfortably puts herself first without having had some support to change the old thinking patterns that told her it 'wasn't about her', that she 'MUST put everyone else first' in her role as a woman (it's expected) and that her superwoman powers to fulfil everyone else's needs are all she requires to be happy.

I am on a mission to support & educate women on this point;
Until you put yourself first and get right with your health, you will forever experience feelings of being less than, not good enough, not able enough... Just not enough. And that is a big fat lie!

Putting yourself first is not a nice to do, it's a requirement if you truly want to make an impact on the lives of those around you and the wider world. This is the ultimate reason to make that change

Think of it like this; you're a teacup and in order to tend to your wellbeing you must pay attention and constantly fuel your mental, physical & spiritual self, increasing your energy, your zest for life, your happiness, causing an overflow. And when all that goodness spills out over everyone and everything, others get the best of you whilst you remain full by constantly replenishing yourself.

You cannot operate effectively (or happily) on empty. It's as simple as that.

So, what barriers do you need to remove to finally do what is necessary to put yourself first and build the life you love? The top five reasons I hear:

1. I don't have the time
2. I am too tired to do anything else
3. It's just another thing I'll probably have to pay money out to do
4. I can't get motivated and stay motivated
5. I hate the thought of failing to maintain some self-care; I've start stopped too many things already

If any of those points resonate with you, I hear you. However, they are reactions attempting to protect you from any further pain. Please hear me out and if you still feel the same, so be it. If you don't, let's talk...

Self-Care Is The Best Care,
YvonneB

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TIME

How Am I Going To Make Time For My Self-Care With So Many Responsibilities?

Time... That incredible thing we all have that once passed, is gone forever.

And isn't that the very point? That you have time, all the time, and yet there doesn't appear to be enough for you. This feeds so perfectly into the notion of putting yourself at the bottom of your to do list.

The truth is having time for you is a decision. It is a lifestyle choice that once made, shows others you take yourself seriously; that you matter.

There are 1440 minutes in a day and securing 30-60 minutes of those for yourself is neither selfish nor impossible to do. Yes, you might need to prioritise and plan differently than you currently do to make it happen but there is certainly not a shortage of time.

There will never be more time; period. Time is not a valid reason, it's a crutch we use when overwhelmed or when we can't see the 'how'.

It's now or never. And as you & I settle into the ageing process don't you think we deserve to take time for self?

I certainly do.



ENERGY

I'm Exhausted; Where Am I Going To Get The Energy To Work On Me?

I hear you! Full days of being pulled from pillar to post, running around for kids, parents, partners and who knows who else; of course, you're tired.

The question here is, how do you increase your energy and revitalise yourself?
By looking after yourself!

Getting yourself physically fit generates more energy, not less. It engages a spectrum of hormones that aid the effective functioning of the body. Take Epinephrine and Norepinephrine for example. These amine hormones play a key role in helping the sympathetic nervous system produce energy.

If you want to get past 'tiredness,' get into taking better and more consistent care of your health & wellbeing. More energy equals the increased ability to do the things you have to do more effectively.

And taking care of your wellbeing, internally & externally, will also help with the very real challenge of managing peri-menopause and menopause.

Is tiredness going to be your ultimate barrier or a temporary visitor you manage through your health choices? You decide...



MONEY

It's Just Another Demand On My Finances; Why Would I?

Because you're worth it!

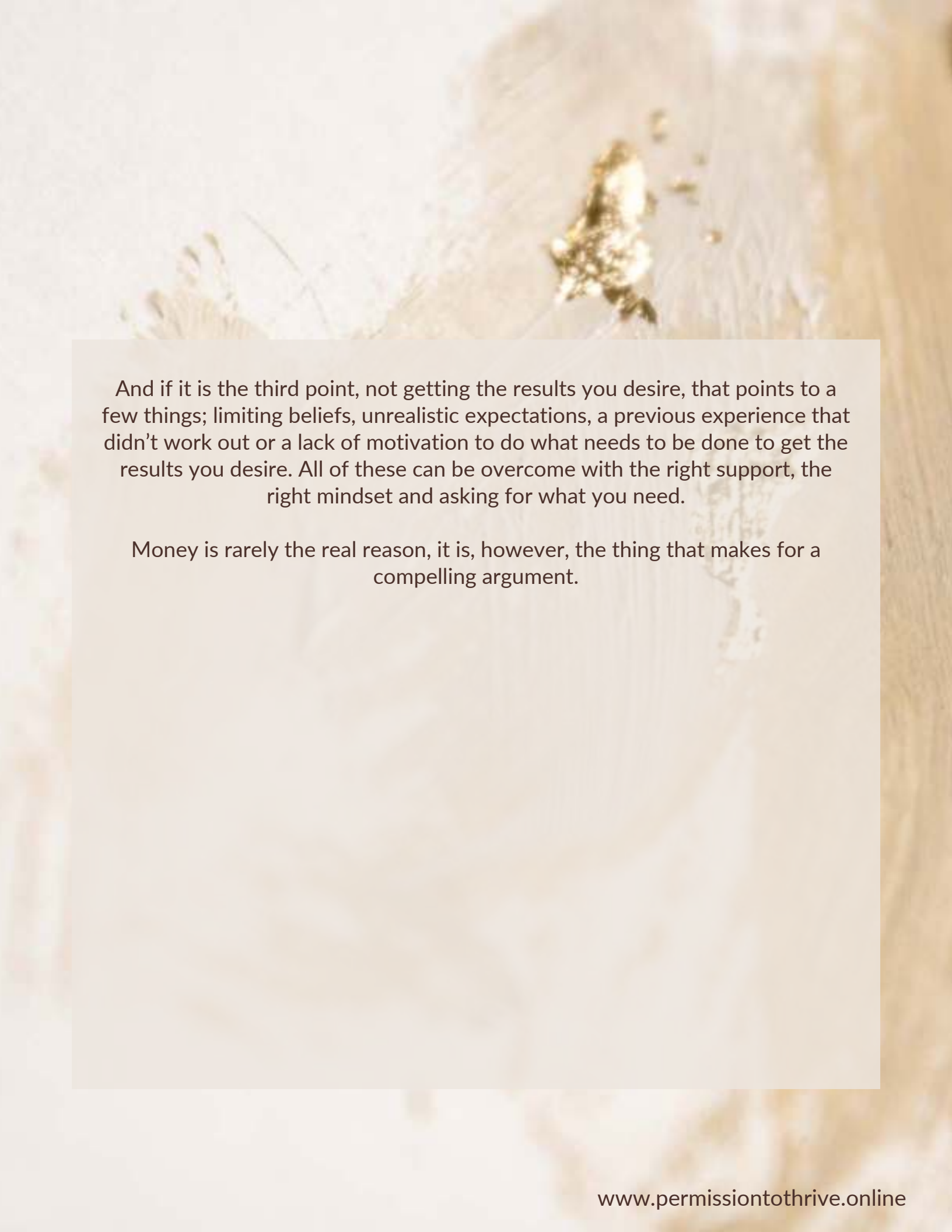
Corny reply, I know, but this is all about self-worth. Here are a few questions to ask yourself to help get clarity on why you might be resisting financial investment in self-care:

Do I feel I am worth investing in?
Is my health/wellbeing that important?
What if I do invest and don't get any results?

Only you can decide if you are worth investing in. Period.

If you believe you are, then it's not the money aspect you're resisting. However, it could be that you don't think your health is that important in the bigger scheme of things. On a scale of 1-10 where one is of no importance and ten is the most important, where does your health sit?

Sadly, there are people who don't think it's a priority (look at the global health issues – they speak for themselves) but perhaps a smarter question to ask yourself is 'Would I prefer to invest in my health or my ill-health?' Because I can pretty much guarantee you will end up doing one of these, or if you wish to learn the hard way, both.



And if it is the third point, not getting the results you desire, that points to a few things; limiting beliefs, unrealistic expectations, a previous experience that didn't work out or a lack of motivation to do what needs to be done to get the results you desire. All of these can be overcome with the right support, the right mindset and asking for what you need.

Money is rarely the real reason, it is, however, the thing that makes for a compelling argument.



MOTIVATION

How Can I Get the Support I Need to Stay Motivated?

Great Question!

I have found that one of the most essential elements of staying motivated is having a great support network. Having other people rooting for you and encouraging you keeps you focused and a good mix of professional help (such as coaching, mentoring) along with opportunities to be part of a community where you can exchange thoughts, ideas and feelings with others in a similar situation to your own, ensures you are not alone and prevents you from feeling like you are the only one faced with a particular set of challenges (because that is rarely the case).

When you are making changes that will inevitably impact your life it can feel overwhelming. So, creating a network that provides you with direct support as well as access to a wider community of fabulous women keeps you constantly connected, and it is that connection that often keeps your motivation buoyant.

Also, it's about accepting you'll have 'off days,' days when you're not in the mood, not loving the journey. That's okay to. You learn to override it with mindset work instead of using it as an excuse to drop out!



FAILURE

I'm Sick Of Trying All These 'Ways To Feeling Great' & Failing Miserably. What's The Point?

**My number one tip here is:
"Stop Trying!"**

Trying is a half-hearted attempt with one eye on failure and the other on wishing. Stop telling yourself you have or are failing. Failing by who's standards? If anything, failing is a life lesson planted for growth.

Sadly, we have been functioning in a patriarchal world for so long, attempting to 'fit in' and be everything the system expects of us. It's a system that tells us, as women, we must be 'perfect parents, amazing partners, home carers, parent carers, the giver of all things' and if we want to work or have our own business, we have to figure out how much time we have to do so. And nowhere in that dialogue are we told we must look after our wellbeing (although we are encouraged to 'be sexy' - just enough mind you).

My take - stop it. Stop trying to be all things to all people. Stop trying to fit into a system designed to keep you small. Stop trying to be a martyr and instead be YOU. The most important relationship you will ever have in this lifetime is the one you have with you! It is time to listen to, identify with and be YOU.

If you're serious about getting results for all the time, energy, money & motivation you put into anything, then start believing in yourself. Start realising you are valuable and valued and that the promises you make to yourself matter.

The real question here is are you ready to do what is necessary to get the results you want?

Readiness and Commitment are key drivers to success.

Forget what hasn't worked before; that was then and now is now! Give yourself permission to take this opportunity to do things differently and get a different result. No more broken promises...



WHAT NEXT?

What comes next is dependent on YOU!

What are you ready & willing to do to get yourself on the top of your to do list?

The Permission To Thrive Community is going to be so much more than someone (me) banging on about health! It is going to be fun, collaborative and a place to call home (online & offline).

And because I believe collaboration is key, this community is being built by the members so bring your hopes, fears, dreams and knowledge to the table – we're waiting for you!

You might want to start with answering the questions below then join us and schedule a chat with me...

www.permissiontothrive.online

I look forward to seeing you inside!

Yvonne B x

Reflection Time

What does self-care mean to me?

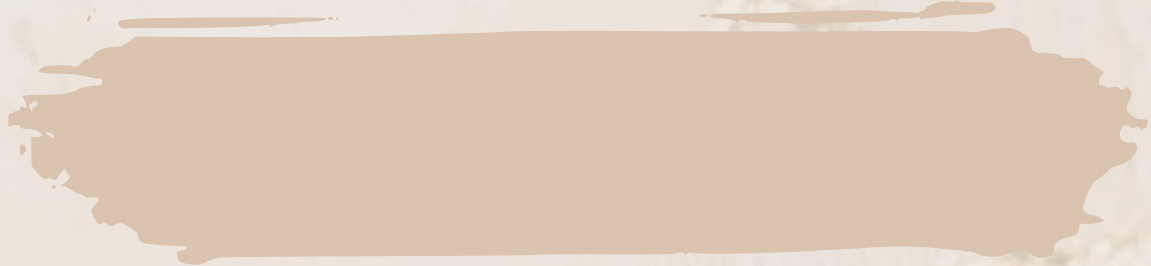
Where does it sit on my list of priorities & why?

What gets in my way when trying to manage my self-care activities?

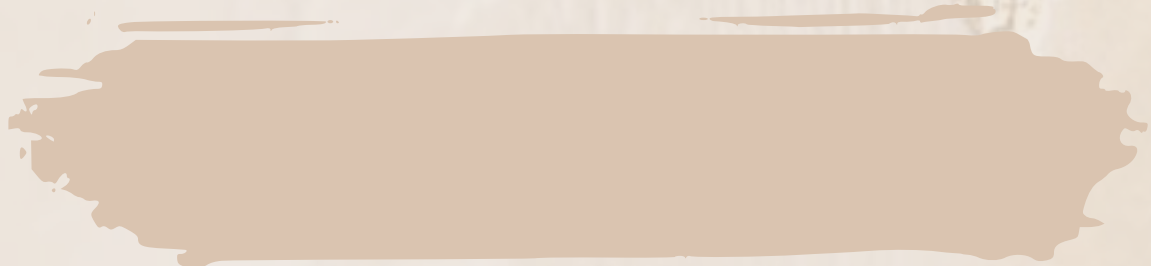
Of those things that get in the way, which ones am I ready to work on/change & why?

Reflection Time Cont'd

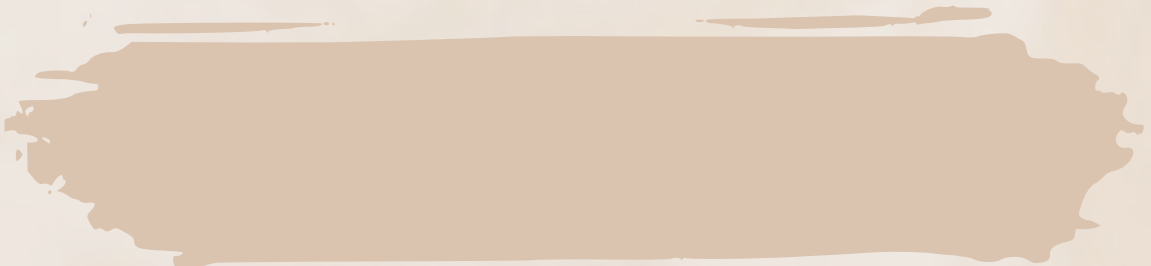
How might Permission to Thrive help me on my self-care journey?



How might I contribute to the community?



What is the most important thing for me to experience on joining the community?





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