

How to lead a Guilt-free Kind of Life

"THESE ARE SOLUTIONS THAT WORKED WITH ME, BASED ON MY OWN PRIORITIES AND CIRCUMSTANCES. CHANGE IT, TWEAK IT IN A WAY THAT BEST FITS YOU." - r.c. krause



1. CONSULT YOUR INNER CIRCLE

THE PEOPLE WHO TRULY MATTERS TO YOU

Ask your Partner, Your Kids, or your parents about how they feel with your decisions and let that be your compass. Rather than defining success by external standards, look at your family. How are they doing? If they are happy and well adjusted with going to school - in case you have a kid you just recently started going to primary school or who just enlisted with a speelzaal + kinderopvang, or has a family back home who can or cannot do without your financial support... don't get caught up in what you are supposed to do, because thinking about what You are supposed to do doesn't make a difference anymore... You are now in present - going back there will not change where you are now. Think back what you have learned and move further and think what is yet to come.

2. DO NOT COMPARE

EVERY PERSON IS DIFFERENT

You can't compare your schedule to the mom who volunteers at school three times a week, to a Mom who seems to have it all. Do not compare yourself to your mates from college who seems to be doing great and fulfilling the plans they have. What matters to them, doesn't matter to you. Every person has different priorities. If you let say want to volunteer to a school activity because you want to do it for your child... Ask what matters most to your child first and spend your energy there. Personally, I always go for the big hitters— I don't do school volunteering as it is mostly decorating for school themed celebrations and etc. We are raising our kids to be citizens of the world - aware that in this world we have different races, beliefs, religions and boundaries that we have to respect... I do events when my involvement was most impactful for my children, events where they can experience and explore and learn.

3. TREAT FAMILY EVENTS AS CLIENT MEETINGS

THEY ARE SLIGHTLY EQUALLY IMPORTANT

Mark birthdays, holiday parties and end-of year-programs on your calendar way in advance. I determine when my involvement matters most to my kids and fiercely protect the time—even if it's just as the class guest reader or cleaner. No apologies, no explanations at work... and, most importantly, no guilt.

4. LET YOUR KIDS IN ON YOUR DECISIONS

EXPLANATION IS THE KEY

There were weeks when I was involved in important projects—so I had to work a lot or spend weekends being away from my kids. I explained to my kids that I had made a commitment and I wanted to do my best, and that was going to take extra work. I wanted them to know that I wasn't just "working"; at a deeper level, it was about honoring my word and delivering. Children learn that there are times when There is no substitute for work and Worthwhile results come from hard work and careful planning.

5. FIND THE RIGHT PARTNER/S

IN LIFE, WORK OR BUSINESS

Careers and parenting take partnerships. Consider the mindset of your life partner upfront. As an example, before my eldest could swim, we looked at our calendars and planned ahead for who would cover the activities and where we had gaps. Who would bring her to lessons and who would bring our other child to some activities and where in the calendar can we have our own family time. Same goes to when he goes to business travels etc., before he agree to something - we open our agenda and plan it out, he makes sure that his career agenda and growth doesn't intercede with mine.. His AND Mine.

We have a real partnership.

Single parents or women can get that from friends and family, too. Girlfriends, can get that from boyfriends too.

7. MAKE "NO" YOUR MIDDLE NAME

SAY NO MORE OFTEN

Make "no" your best friend and get a black belt in prioritizing. Time is your most important resource. And saying yes to one thing always means saying no to something else—even though that decision is never technically vocalized.

9. INVITE FRIENDS OVER

TRUE FRIENDS = TRIBE WHO LIFTS YOU UP

Stressed, busy moms often think, I can't have friends over because my couch is old, my house is messy, and, and.... I know because I used to think that way. Ask people over anyway. Order pizza. Have a bottle of wine. Perfect conditions don't exist—and they'll never come. Friendships make life more fun, more meaningful and they give you healthy perspective.

6. CREATE YOUR IDEAL SITUATION

GET OUT OF A SITUATION THAT DOESN'T FIT YOUR DEFINITION OF SUCCESS

Don't set yourself up for failure. Recognize when a work situation will never line up with your goals. You can be able to know this even before you sign a work contract or set up a business. If you never want to travel and you treasure free nights and weekends, careers in sales, real estate or management consulting could be problematic. Or find a workaround - go back to number 5, discuss with your partner if schedule wise it would work. Be realistic—because industry culture is unlikely to change.

8. ASK WHAT YOU NEED

SET BOUNDARIES
SHARE YOUR EXPECTATIONS

Share the role you want, the schedule you want, the career you want. No one can read your mind. And, if you need more time at home for a child struggling in school, then don't tell co-workers to "call me anytime this weekend." Don't undermine yourself because of guilt or old habits.

10. LOOK BEYOND A DAY OR 1 WEEK

YOUR AGENDA IS YOUR LIFE SUPPORT.
PRIORITIZE ON WHAT FILLS YOUR CUP.

Look at schedules and time with family over the course of a much broader time horizon—months rather than days. Using your agenda, prioritize writing and planning the activities that gets you energized and work related or things you want to do for yourself to get back to the job market (following courses, writing proposals, appointments with a recruitment agency or networking events) follows. If being with your loved ones is something that fills your cup, block the dates for those activities first. Be it an activity with your partner or friends, if that highs your spirits up and energizes you - block it first. This ensures that you are not serving from an empty cup and the people you serve, your clients, coworkers, employers are getting the best of you and not the rest of you.

“Your mindset plays a vital role in what you want and whether you achieve it. It creates motivation and productivity, it is your mindset that plays a significant role in determining achievement and success.” - Carol Dweck



WHAT IS

MINDSET?

It is the way we think.

it is your collection of thoughts and beliefs that shape your thought habits. And your thought habits affect how you think, what you feel, and what you do.

Your mind-set impacts how see the world, and how you see yourself.

SACRIFICIAL

THE "OR" MINDSET



GROWTH

THE "AND" MINDSET

The way of thinking is focused that there is only one choice and that choice is the only positive outcome on a situation at hand. Upon setting a goal the mind automatically sets a reason why the goal cannot be achieved.

This mindset that focuses on the process rather than the outcome. By making sure that the process gets followed and satisfied - both goals are achieved. AND way of thinking ensures leading a Guilt-free life.