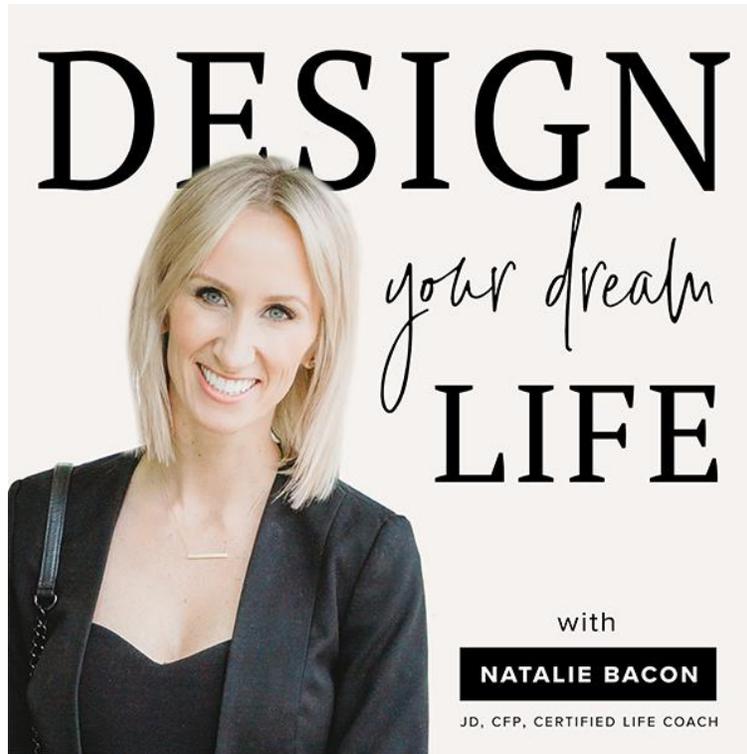


What You Have Time For



Full Episode Transcript

With Your Host

Natalie Bacon

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Welcome to the *Design Your Dream Life Podcast* where it's all about designing your life on your terms and now your host, Natalie Bacon.

Hello my friend. Welcome to the podcast. I am so happy to be here with you. I just got back from Charleston a few weeks ago. Steve and I went, and we had the best time. We were there with another couple, our two friends. We rode bikes on the beach, and we shopped. And we ate really amazing food. We toured the city. I have to say, I think Charleston is my new favorite city in the U.S. I am just a little bit in love with it.

I learned this from Michael Hyatt. He taught me to really find cities and environments that are a natural fit for who you want to be. I've really done that with my life. So if you haven't heard of doing this or you haven't really thought about it before, think about it now. Think about where you live. The city, the home, the state that you live in. Do you really love it? Is it the city that you would choose if you were rechoosing? Why? It's just a little fun exercise for you. That's why I'm always open to new places, new environments, new cultures. I love to keep expanding and growing in that way.

Okay. Today we're going to talk about time and time scarcity and time management, and what you have time for. Before we dive into today's episode, I want to encourage you to register for a mindset workshop that I'm doing. If you go to nataliebacon.com/power, you will find all of the details.

The workshop is called the power of your mind. And I am going to be teaching you how to apply some of these life coaching tools in a really new and different way so that you can take what you're learning on the podcast and start actually applying it to your day-to-day life. It's happening in two days on March 26th. Again, you can find all the details over at nataliebacon.com/power.

One more announcement. If you are following along to learn online business from me, I know there are many of you who fit that category. I am

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very excited to announce that the Creator Program will be opening in the middle of April. This round we are doing enrollment very differently. There is an application process. So you can apply for this round of enrollment at nataliebacon.com/creator-program. If you just go over to the website, you'll see the link there as well. That will give you all of the details for how you can apply.

You want to make sure that you apply ahead of time so that you are able to get in in April if that's what you are interested in doing in the next kind of phase of your online business. I know we have amazing women now, and I would love for you to apply to see if it's a good fit.

All right. Now let's dive into what you have time for. So most of you know that I've done a ton of work on money in my life and relationships. It's really paid off. That's why I'm so passionate about these life coaching tools. I tell my coach all the time these tools really work if you work them. What I've found is that I have so much more work to do on my time and my relationship with time. So this is an exercise that I've done that really was a game changer for me. So if you find that you are identifying as someone who's always busy, you feel like there's not enough time, you're always in a rush. This is going to be really, really helpful for you.

So how it works is you're going to ask yourself this question. What do I have time for? Then you're going to write down your answers. More specifically I'd like you to answer the question in regards to six specific categories. So what do you have time to think about? What do you have time to say? What do you have time to feel? Who do you have time to be? What do you have time to do? What habits do you have time for?

So let me give you some examples. When you answer the question what do you have time to think about, you may come up with some positive examples and some negative examples. So you have time to think about personal development. You have time to think about what you want your future to look like. You have time to think about your goals. You also will probably find that you have time to think about some negative things like

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beating yourself up. Or you have time to think about how you don't have time. That's one of my favorites. I have time to think about how I don't have enough time. Isn't that fascinating?

The reason that this is so effective is if you're in time scarcity, which by the way, if you haven't listened to that podcast episode. After this episode, go ahead and listen to that one. It will give you a little bit more background on being in time scarcity where you think that there's never enough time. So if you are someone who identifies as never having enough time or being busy, your brain is not going to like the question what do I have time for. Because your brain doesn't think that it has time for anything. That's why your question is magic. It requires you to be wrong. It requires you to see what you're missing.

So some more examples. Let's say you're answering the specific question what do you have time to say. You might come up with a few positives. Like I have time to give compliments, and I have time to give praise. You also might find that you have time to argue, or you have time to point out what's wrong to your husband. When you think about the category of what you have time to feel, this is where it gets really interesting. Because you're probably going to find if you're in time scarcity that you have time to feel rushed. You have time to feel stressed. You have time to feel worried.

So what's really interesting about this exercise is on default you think that you don't have time. That thought creates the feeling of feeling very rushed and in a hurry and the thought pattern and the identify of being someone who's busy. When you ask yourself a really good question like what do I have time for, it requires you to really point out the fact that we all have time. And that our brain is the one that's creating these thoughts that either are or aren't serving us.

So when you answer the specific question who do I have time to be, you may find that you have time to be someone who's always busy. This is one that I really have identified with that I'm working on myself. So I have time to be in a rush. I have time to be busy. It's fascinating because my brain is

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thinking, “Well, no. I don’t have time. That’s the whole point.” Because my brain thinks it’s a fact that I don’t have time. But of course that’s not true. That’s a thought.

So when I journal and do self-coaching around who I have time to be, I notice how wrong I am about my relationship with time. I notice how that’s not serving me. You may find that you have a lot of thoughts about being stuck in the comparison trap or a perfectionist or not good enough. So you have time to be someone who’s not good enough. You have time to think everything has to be perfect. You have time to think about how her life is better than yours.

If this exercise feels a little bit of a challenge to you, starting with the specific question “what do you have time to do” is probably the easiest to answer. So mine might look something like I have time to shower and get ready every day. I have time to work. I have time to get coffee. I have time for Netflix. I have time to play with Penny. I have time for adventures on the weekends with Steve and Penny. I also have time to scroll on social media.

So it’s nothing what you do in a day that you have time for. What habits are you in that you have time for? Again, some of these will be positive. Some of these will be negative. Do you have time for drinking alcohol or eating sweets or turning on Netflix right when you get home from work? Do you have time for working out and exercising? Do you have time to take care of yourself? Do you have time for that self-care? Your brain will challenge you on this. So I think it’s really important for you to write down your answers. Try to come up with a handful of positive and negative in each category.

So let me go through the questions one more time just so you don’t have to rewind it. What do you have time to think about? What do you have time to say? What do you have time to feel? Who do you have time to be? What do you have time to do? What habits do you have time for? So write down three to five positives and three to five negatives for each of those six categories.

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Then the next part is to answer these three questions. I call it the stop, start, and stay the same. So what do you want to stop having time for? What do you want to start having time for? What do you want to keep having time for? So here are some examples. I want to stop having time for being busy. I want to start having time for being present in conversations. I want to keep having time for adventures on nights and weekends with Steve and Penny.

So the first part of this exercise is the awareness tool. It's what do I actually have time for that I'm already thinking, feeling, being, doing, saying? Then it's what do I want to stop? What do I want to start? What do I want to keep doing with respect to time? From there what you can do is you can start to notice when you're in the energy of whatever it is that you want to stop doing, start doing, or keep having time for.

So if you are someone who identifies as being busy, and that's something that you want to stop having time for then you pay attention to when you're in that energy. It may not be that you're saying to someone, "Oh, I'm so busy." It may just be that you feel busy. You start to pay attention to it. "Oh, this is the part where I'm feeling really busy. I see that I'm thinking I'm so busy. I see that I'm thinking this most of the day." From that awareness, you can shift to start thinking a new thought. From that new thought, you will create the new energy of who you want to be in the future.

If you want to start something like being more present in conversations, at first it might feel a little bit clunky. Like more of an effort. But that's just because you're starting something new. Eventually you will get to this place of flow. So it's thinking ahead of time, "Okay, how do I want to show up in my conversation with my friend when I call her or when we go out to dinner or when we meet up to go on a hike?" Right, what questions can I ask her? How can I really be present from a place of giving instead of making it about me? Then how can I continue having time for whatever it is that I love that I have time for and making sure that I prioritize that.

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So it's just a way for you to be more intentional with your time using this tool, this life coaching tool, where you kind of hack your brain to see that it's not that you don't have time. You do have time. But you may be having time for things that you don't want to have time for. You have time for mindset drama, or you have time to feel stressed or worried about time. It's so interesting, right? Your brain says I don't have time. But with this exercise, you'll notice that you're actually having time to think I don't have time. It's fascinating. I find it so interesting.

What also came up for me when I was thinking about what I wanted to share with you today was time generosity. So ask yourself are you generous with your time? Why or why not? I am very generous with my money. I love to give money. I don't give from lack. I give from knowing that I have plenty. I know that I always have more than enough. I really genuinely love to give money, but I'm not as generous with my time. Or at least I haven't been in the past. This is something that I'm actually working on.

It has nothing to do with the actual time just like it has nothing to do with the actual money. I talked about this in the generosity episode. If you haven't listened to that as well, listen to that after this. because you can apply it to time just like you apply it to money. So how you think about your time will determine whether you are generous with it. So if you think that you don't have enough time, you likely aren't going to be very generous with your time. Conversely if you think that you have plenty of time, you're going to love to give time.

I actually think that time sometimes even more than money can be such a way to give from love. When you give someone your time, you are giving so much of yourself. That's something that I look forward to doing more of in my personal life and my professional life. Just in life generally. I think that giving my time is a way to give from generosity not from lack or feeling like I need to give or have to give. All of these exercises will help you bring awareness to how you're currently spending your time.

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In that time scarcity episode, I talked about how there are 24 hours in a day. You can think about it like \$24,000 that you have to use every single day. How do you want to use it? So if you're asking yourself how you're currently using it, which is what you're doing when you say what do I have time for. It brings awareness to how you're budgeting your time.

From there you can decide okay. What do I want to stop? What do I want to start? What do I want to keep having time for? What do I want to stop spending money on? What do I want to start spending money on? What do I want to keep spending money on?

The same is true for time. I used to be someone who overworked a lot, and I had that identity. So I had the identity that I was someone who had time to overwork. I completely shed that identity. I don't identify in that way anymore. I don't describe myself as someone who overworks, but I would still say that even if it's unconsciously I identify as being busy. That's something that I really want to shift, and I've been coaching a lot on a lot of you professional women and just women in general. A lot of moms as well.

In Grow You, we've been talking a lot about this. So I'm going to be coaching specifically on this even more in Grow You. I want to encourage you that if you want specific coaching to come join us. So that if you have a relationship in time in your life where you're always feeling busy and like there's not enough time, you can take what you've learned here and apply it at a much deeper level inside Grow You with a coach to kind of help you see your mind in a way that you can't yet see.

While it's going to be a really great exercise for you to do this once just to see what comes up, it's going to be even more powerful if you do this work on an ongoing basis to really make sure that you're practicing and implementing what you are changing with respect to your relationship with time. So I know we'll do that in Grow You.

Even if you're not in Grow You, do this on an ongoing basis. Weekly, monthly. Ask yourself what you have time for. Ask yourself the specific six

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questions, answer them, and see along the way if you are transforming your relationship with time. If not, come and get that extra help so that you can kind of get out of this time scarcity always busy always rushed mentality.

That's what I have for you today. I will talk with you next week. Have an amazing rest of the week.

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To learn more about designing your dream life visit nataliebacon.com.