

The 5 Keys to Your “Feel-Good, Kick Ass” Self



You're a busy successful woman.

You have responsibilities to your job, your home, your friends and/or your community.

You experience a fair amount of stress because of the pressures you feel to manage your commitments, and to manage them very well. You're smart so you know how important it is to de-stress. To relax. To un-wind. To rejuvenate. To recharge your batteries. Plain and simple, to take kickass care of yourself.

But maybe your self-care system hasn't been as consistent or maybe it could use a reboot.

Lovely lady, you deserve to have an inspiring structure in place to keep your #1 asset (YOU) operating at tip top capacity. You'll have more energy and be better equipped to give your responsibilities the care they deserve.

Whether you could use some reinforcement or a complete reconfiguration, I invite you to implement *at least one* of the following 5 keys to your feel good, kick ass Self.

Daily me-time is non-negotiable.



Remember that 1980s Janet Jackson song “What Have You Done For Me Lately?” Although the song is about a guy, I invite you to rephrase the title to: “What Have I Done for Myself Today?”

I can't tell you how crucial me-time is to my daily sanity. Me-time means different things to different people. It can mean getting up from your desk once an hour and getting a 5-minute breath of fresh air. It can mean reading a book during your lunch break AWAY from your desk. It can mean going to your favorite weekly dance class no matter what.

The possibilities are endless. The key is that your me-time feels good and allows you to enjoy yourself, to do your thing! To answer to no one.

What me-time activities will you take this week? How many minutes will you do this activity?

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Wait before responding.



If you have a habit of saying yes before contemplating whether or not you can actually take on a new project or responsibility, I invite you to wait at least 24 hours before getting back to the requester.

Even if you end up saying yes, give yourself the gift of the pause. Get into the habit of saying, “Let me look over my schedule and get back to you.” This also means giving yourself some breathing room before replying to a seemingly urgent text, email or voicemail. Space is a beautiful thing. Hang out in it for more than a minute.

If the boss asks you to work this weekend, try saying, “Can I get back to you?” If she says, “I need to know now”, politely respond with something to the effect of “I understand your predicament and I’m all about being a team player. I want to do the best work possible. I just need to look over my schedule this weekend. I’m more than happy to get back to you in 2 hours.”

Where in your life can you exercise the gift of the pause?

Declare a Sunday FunDay.



This key rocked my world. It’s a prolonged combination of keys 1 and 2. One of my accountability partners suggested I implement a FULL DAY OFF back in 2012-2013. He noticed that I was barely giving myself an extended period of time to JUST BE. I was always working on something, whether it was advancing my professional vision or improving my personal attributes in some way.

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The first level of this recommendation was to stop “working” on Saturdays after 12pm. I couldn’t handle an entire do-nothing day at first, so I bit off a smaller piece. Once I was consistent with the half day, I extended it to an entire day. Since I first started this practice, I’ve gone DAYS without working on some project or actively working on myself.

Some ideas for FunDay activities: Go on a walking exploration of your neighborhood. Take a drive to a part of your city you’ve never been to before. Go skydiving. Take a nap on a blanket at your favorite park. Engage in some people watching at that cute French restaurant you’ve always wanted to go to and eat a lovely medium rare steak (I actually did this finally in February 2014 and it was awesome!)

This key might be challenging if you have children; however, I invite you to create a fun half day or fun couple of hours at the very least. We all need that time to just step away and bask in the beauty of ourselves and in the beauty of life for a devoted period of time.

Which day of the week will be your FunDay? How many hours will it last? What will you do?

Sharing is caring.



Do you have at least one person you can call on consistently to process your breakthroughs, breakdowns and everything in between? I have multiple sharing partners for whom I’m wonderfully grateful. Some are soul sisters and soul brothers. Others are people with whom we just have this agreement and it works for us. They are my sounding board whenever I just need an ear, a voicemail or if I really need to talk something out. And I reciprocate.

How do you create such a team of persons? Call up a friend or even a trusted colleague and pitch the idea of having a sharing partnership. Structure it however works for you. For example, there are some people who I rarely ever talk to live. We leave voice messages and preface by saying there’s no need to call back or we’ll say please call back and leave me your thoughts on the matter.

We hear each other. We are acknowledged and validated. We never have to go through things alone.

Who will you ask to be your sharing partner this week? Who can you be a sharing partner for?

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Move your ass!



The overall mind/body health benefits of physical exercise can never be understated. I shoot for at least 3x a week for at least 30 minutes, though I usually do an hour per session. Did you know that exercise gets the feel-good body chemicals, aka endorphins, flowing throughout your body? And aside from being the body’s feel-good hormones, endorphins are also known as the body’s stress fighters. And we love to feel good and reduce stress, don’t we?

So what’s the best type of exercise? My favorite answer to this question is one that will keep you going back for more because you love it. For example, my preferred exercise is dance. I’m so involved in the movements and creative expression while I’m doing it that I’m not thinking about how much “it hurts” or “when is this torture going to end?” Dance also helps unlock sensuality and creativity so it’s a fantastic 2nd chakra supporter.

Will you set aside 3 days this week for exercise? Choose one or more activities that will keep you going back for more.

That’s a wrap!

There you have it. My 5 keys for taking kickass care of yourself. I know they work because I practice them regularly. And let me tell you, they boost my quality of life like no one’s business. I hope they do the same for you. You can always visit www.FeelGoodKickAss.com/Blog for more feel-good recommendations. To catapult your results with one-on-one attention, let’s schedule a 20-minute Power Success Call. Visit www.FeelGoodKickAss.com/Coaching-Services.html and let’s set that up.



P. Valerie Dauphin is a Personal Success Coach & Dance Fitness Instructor in Los Angeles. She teaches ZUMBA, Group Power, and World Dance Funk. Her mission is to be the spark that ignites transformation in the lives of that busy woman who "does it all." Feel good in your body. Feel good in your mind. Lead a kickass life!