

ME! ME! I'M FIRST!

7 WAYS TO MAKE DECISIONS IN THE BEST INTEREST OF YOU!

There will always be competing interests for your time, attention, and focus. How do you prioritize and make the decisions that will serve everyone? Have a ME first attitude! Here's how to do it with a heart centered approach!

1. **Set criteria that honors how you want people to see you.** Is it as a person of integrity, dependability, trustworthiness?
2. **Formulate a process that works for you!** Utilize available resources to assist you in navigating and re-prioritizing as necessary.
3. **Get rid of people who feel entitled to your time!** These people only show up because there's a benefit for them and they believe that they are entitled to what you have to offer because of your friendship or relationship. It doesn't serve a purpose and doesn't assist you in growing.
4. **Add intention to your attention.** Be intentional about what and where you invest your time. How is it serving your purpose/goals? What will be the end benefit of investing your time?
5. **Stop focusing on what you don't want.** Instead get clear on what you do want. Use "I do" statements to put you in a different energy instead "I don't" statements.
6. **Accept that you will not be able to please everyone.** People show up with various requests, reasons, and motivations. Your goal is to determine 1) if you want to meet them, 2) if you can meet them.
7. **Refer back to your criteria that you set earlier and keep practicing it often.** This way people understand that if they put their needs about your best interest, they are violating the fundamental standards that you have created for you.

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