

5 Ways to Experience Better Self-Renewal

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Women renew things all the time. We are quite effective at renewing car insurances, drivers licenses, employee health plans, domain names and anti-virus software subscriptions – things we believe we have to renew in order to avoid unwanted consequences. But when it comes to our own renewal, many women take a more laid-back approach as if self-renewal is optional and consequence-free.

Despite unique personal histories, many women converge on the lack of awareness about why their renewal matters. This lack of knowledge can result in women relying on significant others, careers, children, and friends to restore them instead of taking ownership for their own rejuvenation.

Our renewal matters because renewal makes us feel good. Buying yourself a bouquet of flowers, indulging in a warm bubble bath, lounging under your favorite blanket, or reading a good book are simple ways you can renew your mind, body and spirit. When we feel good, we feel like doing more things that make us feel good. When we feel good, we are more patient, more pleasant, more energized, and more loving to ourselves and to others. Importantly, feeling good enables us to receive that which restores, refurbishes, and rejuvenates us.

We are the authors of our own lives and until women embrace that mindset, we will continue to feel unfulfilled, exhausted, distracted, and burned out. The wonderful thing about self-renewal is that it puts you in the drivers seat! When you start to take control of creating the life you want, you will become diligent about your renewal and frugal with your personal time so renewal doesn't take a back seat to everything else in your life.

Here are 5 ways to make sure your renewal experience is a good one and that is it worth the effort you put forth to do something for yourself.

1. Free yourself

There is always something or someone vying for our time. Is it very difficult, if not impossible, to enjoy the time you have set aside to renew yourself when someone has different expectations for your time. If you have decided to go for a long walk instead of meeting your friend at the mall, let her know that you can't meet her before you lace up your shoes. If your family is waiting on dinner while you are having a facial, let them know up front that they need to order take-out or cook for themselves. Otherwise, you will spoil the joy of your renewal lamenting over expectations that you have allowed others to place upon you.

2. Take a positive approach

Thoughts are powerful creators of reality. And our feelings are a pretty good indicator of what's going on inside our head. A positive approach towards restoring and reviving yourself is essential to making sure you get the most out of your renewal experience.

Believe that you will enjoy a long walk in the park after work. Take measures to ensure the experience is the best it can be by making sure you have your sneakers and iPod in the car the night before.

Think good thoughts about the evening you've planned to see the latest action movie – purchase your tickets ahead of time so you won't spoil your good mood waiting in long ticket lines.

John Maxwell explains in *Thinking for a Change* that our beliefs change our expectations, expectations change attitudes, attitudes change behaviors, behaviors change performance, and performance changes lives.

3. Write your own script

Self-renewal is subjective. In order to create a renewal experience that makes you feel good, you have to be crystal clear about what it is you want for yourself. Once you gain this clarity, you will be empowered to define the activities that speak to you.

A friend may find live musicals invigorating and invites you along. If you also enjoy musicals, go and have a great time. But if you find musicals unappealing, then you need to politely decline the invite and spend your time engaging in an activity that invigorates YOU – even if you have to do it alone!

4. Be present

Being present means to be awake, alert and focused on the moment. To get the most out of your renewal, you have to temporarily forget about all the things that are still on your to-do list and block ideas of new things to add to the list.

When you are fully present you become aware of your thoughts. Focus on positive thoughts because positive thoughts feel good – negative thoughts feel bad. Remember, the goal of renewal is to feel good.

5. Renew review

Replay your renewal experience in your mind. What did you enjoy the most? The least? How did the experience help you? Do you need to do something differently next time to ensure you get what you want from the experience?

Self-renewal should leave you feeling refurbished, repaired, replenished, and reformed. The experience should help restore your mind, body and spirit so you can move forward through life with resiliency. If you walk away from the experience feeling stale and stagnant, it was not self-renewing!

Use the power of self-renewal to make you feel good. It is my desire that you feel good enough about yourself to take care of yourself.

Renew and feel good now!