



EPISODE 004

Value Yourself-Value your Time

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- Tammy Roche: Welcome to the Helpers Podcast. If you're a community worker, counsellor, teacher, social worker, nurse or carer, you're in the right place. Sharing helpers' stories alongside strategies and timely reminders that burnout does not need to be part of your path as a helper. Coach, and fourth year social work student, Tammy Roche uses real experiences to highlight why taking care of you is non-negotiable. As my childhood friend Mr. Rogers always said, if you look for the helpers, you will know there is hope. Come and walk beside me on the path for a little while.
- Tammy Roche: You're listening to Episode Four of the Helpers Podcast: Value Your Time, Value Yourself.
- Tammy Roche: Hey there, it's Tammy Roche and welcome to Episode Four. Today we're going to be talking about valuing your time and valuing yourself. Now, this podcast is a bit interesting because this is one of the subjects I used to speak about. It's my area. It's definitely an area that I had to learn the hard way. Once I figured it out, I knew I had to share it with everyone I possibly could. What does that mean, Value Your Time, Value Yourself? I believe personally that time is our most valuable resource. Yes, even more so above money, sometimes. Maybe even over health sometimes, because I think what we choose to do in time has the biggest effect on us. I think that a lot of us feel pressed for time. We feel rushed. We feel like as if we don't have any time. We'd like to have more of it. But we don't know how to. We feel as if people can walk all over our time.
- Tammy Roche: This is one thing I've developed that I think I'm pretty darn good at. I'm going to share that with you today. I'm going to share some concepts of time management. I'm actually going to share my story around time for myself and how I actually learned how to develop boundaries. I guess the most interesting thing about it all is how I am today is completely different to how it all began when I bought a time management program like nine years ago. Ever since then,

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I have taught it and I've lived it, and I really do enjoy being able to say no. It's a part of my life that I think I've got my prioritization right.

Tammy Roche: So, let's begin. Valuing yourself is honouring boundaries and making the most of what you have. AKA, not putting your head in the sand. Which was me about 10 years ago. My time management was not good at all. I don't even think I knew what time management meant. I got to the place where I felt like something needed to change, but I wasn't sure what. I actually found Brian Tracy, if anyone knows who that is, and he's a personal development guru. I don't know why I called him guru. But anyways, he's amazing. He's someone I used to listen to his audios.

Tammy Roche: I bought some of his programs. I think back then it was CDs. I started listening. I started thinking about not putting my head in the sand. That's where I was starting. I think he might have made that point in reference many years ago, which is why I am actually talking about it that way. But if I'm honest, that's where I was. I was saying, I didn't have enough time. I was knocked off my fee, running around from one place to the next. I felt disoriented, always on the go, cluttered in my mind and my house which, I guess that's just a side effect of all of it.

Tammy Roche: It wasn't until I started realizing that you have to begin where you're at. I started decluttering stuff and I listened to Brian Tracy and learned more time management stuff. And then I got lead on from there. Over the years, I went and learned many different skills and strategies that I could use that are going to improve my everyday life. I didn't want anything fancy. I just wanted the simple strategies; to be a little bit more productive and ultimately to make myself feel better, feel happier and feel more accomplished with what I was doing. It wasn't about the doing so much, it was definitely more about the feeling.

Tammy Roche: Now, one thing I learned that's really important to note is you need to begin with where you're at. Now, this is hugely important. Over the years with clients, I've developed three different things when it comes to certain topics that I identify clients going through. You might relate to this or you might not. The first is clients holding awareness, but it doesn't bother them. They might say something like, "Oh yeah. But anyways, there's other things that are more important."

Tammy Roche: The second thing is that bothers them, and they try sometimes, but it never works. Or the third is I am trying all the time, and I am tired of trying. The third place out of all those places is probably the best place to be. In order to experience change, we need to experience pain. It is not sometimes ... Sometimes if you're motivated without pain, that's fantastic. But sometimes that isn't the case. Sometimes we need something happening in our lives that

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are going to jolt us. They're going to make us feel, they're going to shift us. That is when amazing change can happen.

- Tammy Roche: Sometimes some of us motivate ourselves other ways and that's great too. Hopefully, you'll get to the point where you don't have to experience the pain, and you can either see it coming or you know it's coming, or you're just very much into preparation, and you are going to prevent it from happening, if you can. I'm going to walk through three different things that have to do with valuing your time that I find extremely valuable.
- Tammy Roche: The first is stock. I want you to take stock of what you're doing with your day. Now, when I say this, I'm not going to get you to sit there and write down every second what you're doing, and nor do I want you to write down what you should be doing or what you think would be right. This isn't a test. I'm not going to be looking at the answers. But what it does is it gives you an idea for one day where your time has gone. Until you hold that awareness, nothing can change. This is an awareness activity that's going to get you switched on and really tuned in into what's happening right now.
- Tammy Roche: If you go to into my show notes at tammyroche.com, click on podcast, find this episode. There will be a template there for your day. I want you to click on that. I want you to print it out, and I want you to enter in what you've done in that 24 hours. I've kept it. I'm an early riser, I get up at 3:34. I've put it from 4:00 AM start. That does not mean you need to get up at 4:00 Am. But what that does mean is if you are an early riser, you can fill it up from there. I've gone all the way up to midnight for you late owls.
- Tammy Roche: What I want you to do and I remember, I've done this myself, I've done it with clients as well. But what I want you to remember is be a bit kind to yourself as I always say. I would prefer you do it every hour, which is probably the easiest way to do it. If I was working one on one with you and you were a client, I'd probably do it every 15 minutes. But I just want you to have a pencil and that sheets. Put it on the counter, put it near you, put it in your purse, and I want you to take note of what you've done. So, write down.
- Tammy Roche: I don't need you to be super specific or detailed, like crazy. That's just going to cause too much work for you. Make it as simple as possible. Now, one thing with this I want you to keep in mind is you're only doing this for one day. Okay? So, don't think that it's going to be this hyper active activity that you're not going to be able to continue. I really just want you to stick through it for one day.

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- Tammy Roche: I remember when I did it, I did it in 15 minute increments. I kept it next to my computer. On that day I was working in my business, and I could not believe what came out of it at the end of the day. That's my first suggestion.
- Tammy Roche: Now, after you come back to it, and as I said just a second ago, I couldn't believe where my time went. When I had to be accountable about it. I guess it's similar to like diets or anything like that where you're writing things down and being held to account, you look at it and you go, "Wow, I actually don't want to write that down. I've just wasted an hour." Or, "Oh, I had no idea that I was doing that." There's nothing wrong with this. It's just an awareness activity.
- Tammy Roche: Let's move to number two, ask what's really important. As you're looking at that day, and you're looking at what's been done with that day, I want you to ask yourself what was important? What's really important? Now, number three, decide how you want your day to run. I've got you to look at it. I've got you to ask you what's really important and now I'm saying that you need to decide. You need to make an action point to decide what your day is going to be like.
- Tammy Roche: Sometimes it's not until you've done this activity and taken stock of what you've done during the entire day that you can then go forward with asking what's really important. Because I suppose for a lot of clients who get a lot of blocks with this one. I even have one client who remains unnamed, who it took two months for them to do this activity because they just kept putting it off. And there was a lot of resistance to it. Resistance is good. I like resistance in coaching. But you have to work through that resistance to get to the other side.
- Tammy Roche: Once this person did that, they couldn't believe at all the things that they have been avoiding that were important. They actually looked at their day and said, really, there are so many factors in that day, so many things that intentionally they made happen, but weren't really important. That really tied into with why certain goals weren't being achieved, feeling depressed, feeling a bit of anxiety, all those feelings Well, she wasn't doing what she said she wanted to do. So, you get that conflict there if you know what I mean.
- Tammy Roche: It can be a very, very useful tool. We had the Jim Ron quote. Jim Ron, if you aren't familiar with him, he is a mentor of Anthony Robbins. I would say, Jim, Ron is my number one mentor. I own everything he has ever created. He is no longer around. But he was about personal responsibility and personal development and self-reliance. I learned so much from Jim Ron. Anyways, he has a quote and it says, either you run the day or the day runs you. Because of that quote, I actually taped it to our front door. I taped it to the front of it. Because every time we went out that front door, I wanted myself or my husband to see it because it is a choice. I think until I did this activity, I didn't actually realize what a choice it was.

- Tammy Roche: What I want to talk about is what it's costing you. A lot of people will be very funny about money. They're like, "Oh, I don't want to waste money." But yet they'll waste their time. This is something that you cannot put too much importance on. Your time and what you do with it, who you spend in that time block with, the activities you're doing, everything all has to do with who you are today and who you are as a person. What you're doing with your time is very important.
- Tammy Roche: Now, as a helper, I know you're stretched for time. A lot of us are. If we aren't doing something with work, or if we have children with the kids, we have someone ringing us. We have someone reaching out to us and asking us for guidance or advice or maybe just to catch up. We can find it difficult to say no, because as helpers we really really focus on giving good value. We focus on connection and we don't want to leave anyone behind in that, do we?
- Tammy Roche: I'm well aware of all the tied up things that it comes with your time. But I will be honest with you, when I started cleaning up my time and started valuing myself by valuing my time, new people showed up, new situations and I had a lot of people stop and ask me, "Hey, I really want to get this into my head. Can you help me with time management? I really want to learn this Can you help me with this?" Because what I was doing was where they wanted to be. They would reach out with me in that way.
- Tammy Roche: I think that by example when you can do by example and people can see that, you are then giving other people permission to value their time, to value their boundaries. Every so often, there comes a point in time where I have to say, I don't have time for that. I'd really like to, but can't commit. Have to say no. It's honoring myself. Out of this ... There has been countless times where people have turned to me and said, "I think you're doing a really good thing by that." I know that I didn't want to say no, but I used to be a yes girl, I used to be a people pleaser. These are all things and part of my identity who I had chosen, and I didn't want to do that anymore.
- Tammy Roche: It's not as simple as time management. There's all these different areas to it, and I want you to get back in control of it. Those three steps like I said, if you go, I've got them laid out on the printout. If you go to tammyroche.com/podcast/004, you will find this episode and you will be able to do this activity and let me know what you think about it. Let me know what you get out of it as well.
- Tammy Roche: Now, I want to get deeper into this pain point subject because why not? Especially when it's to do with me. So, let me share my pain. Where I was at, and what I was feeling is, I was feeling deflated. I was feeling tired, devalued. I was feeling exhausted. I felt that people didn't care about me. I was busy caring about everybody else. But because of that, I find that I was in that spot. You

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know how I mentioned those three areas that I noticed that people can be in, including myself in the past, that awareness, but it doesn't bother me yet. Haven't hit that pain point. Or it bothers me but I try sometimes. Or I'm trying all the time and I'm tired and I'm trying all the time and I'm tired.

Tammy Roche: But again, it's not an issue until we hit pain, right? It's not an issue for a lot of us. That doesn't need to be all of us. I want to be really clear on that. A lot of what I do in personal development is I take stock take of how I'm feeling, who I'm around, what I've been thinking, what beliefs are going on. As I take stock of this, I also notice other people's mistakes. I notice other people and what they're doing. What it's really important with that is if you can avoid making a mistake by being hyper aware, and being knowledgeable, that, hey, hang on a second you are feeling deflated, you're feeling exhaustible. Why is that? Where are you giving too much? Where do you need to pull back? Where does it need to be about you?

Tammy Roche: Even though you are about to hit that pain point, you can stop before. I wanted to give you hope. That's why I wanted to share that and give you hope, and say it's not always doom and gloom and you don't always have to hit that pain point. I think I did that for geez, the first 27 years of my life. But there is a point with that where it can change.

Tammy Roche: My pain point came with my eight year old daughter. I went to pick her up from school and she was talking to another parent and I was hurrying up the sidewalk and she looked at this parent and she said, "Oh, that's my mommy, and she's always late." That was my pain point. That was the point where I went no more. I also did hear something very interesting that helped with not just with my daughter, because you can imagine you receive barrier after barrier and you have to keep trying and get up and keep trying and get up and fall down and all that other stuff. But I did hear from someone who gave me some wise advice. They said, "Do you know that if you are late to a meeting with someone, that does not just mean that you're a busy person." I went, "Okay. Well, what does it mean then?" They let me know that it actually means that you disrespect the person's time that's waiting for you.

Tammy Roche: Now, think about that for a second. Disrespecting the person that was waiting for me's time. Coming from a helper's perspective, that was like a knife in the chest. I want to help people. I want to serve them. I do not want to show anyone disrespect. I'm very kind hearted. That was, I think, a pivotal moment for me where I went no more.

Tammy Roche: Now, I'm probably about half an hour early to almost everywhere, unless there's something outside of my control that's held me up. That was a big one for me. My daughter was another one. You might be having all these different signs that are showing you right now that maybe you need to value your time a little bit

more. Because it does ultimately come back to valuing yourself. If you ask a lot of my friends, they'll tell you, Tammy is usually the first person there. She's usually half an hour early. That's just what I've set up for myself. That wasn't always the case. And it's important that you know that. Because it can seem like everybody's got their shit together. But let's be honest, it hasn't always been that way all the time for some people.

Tammy Roche: Once you have taken stock of your day, it's helpful to have a look at it and you can break it apart. I would often break it apart into different, like a pie chart. I would say I spend this much time doing this, or I spend that much time doing this. That was a real visual way for me to have a look at it, and actually gauge where I was spending the most time. It can be quite confronting, but again, kindness disclaimer, I really want you to be kind to yourself. This is just about awareness. It's not about beating yourself up. It's not about you going, "Oh, I could do better and shouldn't be doing this." I just want you to accept it as is and then move on. It's done, move on.

Tammy Roche: On the sheet, you're going to notice a pie chart. It's a little circle. What I want you to do is I want you to fill out that circle with the percentage of where you're spending your time. For example, if you spend an hour, let's say an hour and a half, three times eating a day. 30 minutes each time, and maybe another half an hour to 15 minutes max. You're looking at two hours you spend eating. Do a pie chart for the two hours.

Tammy Roche: Let's just say that you're on the computer for six hours, you're going to do that. Let's say you're on social media for five hours, you're going to do that. It gives you a visual to stand back and go, that was my day. You'll also notice there's a second circle. That's how do you want to spend your time in the second circle? Remembering the second circle is a beautiful place, it's your creation. You that gets to decide how you want to run your day.

Tammy Roche: I'm going to talk about boundaries for a moment because this is really important. This is the gritty stuff that we don't stop to think about all the time. But how can you hold boundaries? How can you hold boundaries if you don't know what you need to have boundaries for? That's what the time thing comes in. If you don't know where your time's going, you just know that every day is just running into the next day, and you just don't even know where it begins, and where it ends at times and you're frustrated, you're overwhelmed. That's a danger point. That's a danger point. But there is a great thing, but with boundaries. You usually need to know, you can't go one step ahead and have a boundary for something that you don't know what that is.

Tammy Roche: For example, if you have a friend who rings you anytime and you pick up the phone, and if you're in the middle of something, she never listens to you, and you need to get off the phone. But you just keep going with it, and an hour and

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a half later, you're hanging up the phone. An hour and a half of your time gone. When you didn't have it to begin with. How can you have a boundary against that if you're not even aware of what that hour and a half is taken from you?

Tammy Roche: I want you to get a little bit dark with this. I want you to really think about what not managing your time effectively has done for you. So, using myself as an example, back then I actually didn't prioritize relationships. The people that mattered most of my life went to the back burner, because I was just floating and in reactive mode. Whatever came towards me, I react to. When you're in constant reaction mode, your response is not a response, it is just emotion lead, and you're responding in that moment. Whereas when you learn to be able to stop, breathe, take a second and be able to respond, you get such a better result. But in order to do that, you have to know what things are looking like.

Tammy Roche: That is why I'm getting you to do the take stock of your time where you can look at it and you can go, "Hang on now. What I'm going to do here is I'm going to see exactly where I'm at." Now, it's up to you how honestly you fill out that form. You might just be very generalizing or you might want to go deep with it. That's up to you. The idea is that you're aware. Once you become aware, you can't go back from that. So, you're in a good space anyways.

Tammy Roche: When I say, decide how you want your day to run, I want to be really clear with that. What I mean by that is, I want you to visualize how do you want your day to run? Similar to that worksheet that I've given you, if you've printed out and you've looked at it, or you've done it, you're about to do it whatever, just come back and re-listen to this again because it will make a little bit more sense. But ideally, what I want you to do is to visualize what do you want your day to look like? What is it filled with? Are you in reaction mode half the day? Are you in response mode? Are you chunking items? Are you putting everything together that's going to be easier to get accomplished? Or are you spreading them all out because you need breaks in between? You identify that nothing is getting done if you don't have short, manageable breaks in between.

Tammy Roche: These are all the things that are going to come up. If say, for your day for you, it means you're productive from when you drop the kids off at school and you come home from work. That's your productive zone. You want to be productive during that time. It might be, you might not want to be on social media during that time. But you know that that's your high productive zone. Or it might be like myself, I get up at 3:30-4, and I begin my day very early. That's so I have no interruptions, very limited interruptions.

Tammy Roche: Whatever that may look like or be for you, it's important to engage that part of yourself where you're thinking, this is how I want my day to run, and you're actually visually thinking about it. You can even close your eyes and do a visualization. Imagine yourself getting out of bed in the morning. Imagine

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yourself doing certain activities. Notice how it makes you feel, and then coming back to it at the end of the day and going, "Okay, well, how do I want to feel?"

Tammy Roche: Now, I want to be really clear with this podcast because it's very important to me. How you feel, leads everything. If you're feeling good about yourself, you're going to do good. If you're feeling good about an activity or something that you want to get accomplished or done, you're going to continue to feel good. Do you see the connection there? These activities that I give you throughout the podcast, they're all designed to make you feel better about yourself. That's going to instil confidence in you. It's going to make you think clear, it's going to really help you. I know it works because I've done it and so has so many of my clients.

Tammy Roche: There goes the self-kindness disclaimer yet again. You are looking at something that is probably hitting very close to home for you. So, please exercise kindness. Be kind to yourself. It's a process. I remember when I started out with this nine years ago, it was incredibly confronting at times, and that's okay. It can be because through those uncomfortable bits comes great change. So, stick with it, I believe in you.

Tammy Roche: Well, I want to say congratulations. This episode is a little bit topic heavy. I know that might have been a lot to take in, especially when it's something as personal is your time. But I want to thank you for your attention, and also thank you for showing up here again. I do realize you have a lot of choices with personal development podcast, but I'm really glad that you decided to join me today.

Tammy Roche: Now, I'm a newbie here and if you enjoyed this episode at all, I'd really appreciate it. If you could please go to iTunes and give us a review. It doesn't need to be long, just a short one so other people can find me and I can keep providing value. Thank you so much.

Tammy Roche: Now, if you're a helper, I am looking for helpers with a story that I can share and I'm looking for guests to come on to my podcast. You'll notice in the show notes, if you head to tammyroche.com/podcast/004, you'll notice a link to a Google form. This is for you if you're a helper. Just few questions and if you want to come on the show, have a discussion and share your story, I'd love to talk to you. Head to tammyroche.com, have a look at the podcast episode and please submit that form and I will be in touch with you. Take care of yourself. I will catch you next week.