**Taking Things at Your Own Pace**

This episode we will be focusing on taking things at your own pace, whatever that may look like for you and why a slow process is typically more effective when it comes to achieving your goals. In addition, we are going to discuss the importance of taking things at your own pace, provide you with some dangers of going too fast in a process, some things to keep in mind about taking things at your own pace, and finish ‘er off with some tips to help establish a pace and maintain motivation throughout your entire process.

**What’s taking things at your own pace could look like A FEW EXAMPLES:**

1. Trying something, realizing something works better, and having to restart
2. Lapsing in recovery… There’s a difference between lapsing and relapsing
   * Do it for yourself – Not for anyone else
3. Taking a break from what you are doing to recharge
4. Allowing yourself to enjoy the process and take things a little bit slower than intended
5. Altering your routine for time management, more self-love, etc.

**Process Definition:**

A series of actions or steps taken in order to achieve a particular end. (Oxford Dictionary 2021)

**Efficacy of a slow process:**

1. Teaches us patience especially when we feel out of control (Kruger 2021).
2. Helps us to accept things and show more gratitude (Kruger 2021).
3. Allows the room for small mistakes (Kruger 2021).
4. Gives you enough room to find a balance for YOU (Kruger 2021).
5. Encourages the building of endurance and resilience (Kruger 2021).

**Importance of taking things at your own pace slowly:**

1. Pushes you to see the bigger picture and sit with things so that you can look at your life and deliberate accordingly (Kruger 2021).
2. Motivates us to explore our curiosities and cultivate soft skills (communication, empathy, flexibility, work ethic, etc.) (Liew 2021).
3. Teaches us to aim for progress, not perfection (Liew 2021).
4. Pushes us outside of our comfort zone, without getting in over your head.
5. Allows us to connect with the present moment.

**Dangers of going too fast in a process:**

1. Irritability and mood changes
2. Burnout leading to lack of concentration
3. Questionable dietary habits
4. Higher levels of stress
5. Lack of mental processing
6. Increased misunderstandings
7. Lose touch with reality
8. Lack of flexibility
9. Room for larger mistakes

**Things to keep in mind about going at your own pace:**

1. Only you can establish this pace… You have to be self-aware.
2. There are going to be plateaus… And it is okay to take a step back.
3. It is okay to change your course of action… Flexibility is so incredibly important to adapt and persevere through change.
4. If you are going to take a break… You have to return to the steps in your process and make sure that you don’t lose your stamina.
5. There has to be a consistent flow of motivation that only you are able to provide for yourself.

**How to slow down and take things at your own pace:**

1. Lower your stress levels
   1. Realize what unnecessary pressures and/or stress that you are putting on yourself
   2. Pay attention to the present moment and slow down
   3. Ground yourself and breathe
   4. Ask for help if you need to
   5. Do at least ONE thing that makes you happy per day
2. Find out what is important to YOU so you can prioritize
3. Get creative and generate new ideas
   1. Take a break
   2. Try new mediums/exercises
   3. Start a journal
   4. Trust your creative skills or lack there-of, in some cases
4. Educate yourself and consider different perspectives
5. Consider what you are actually capable of… Be realistic with your time

**Tips to maintain motivation:**

1. PACE YOURSELF
2. Use affirmations
3. Do what YOU want to do
4. Set MEANINGFUL and SMART goals

S – Specific

M – Measurable

A – Achievable

R – Relevent

T – Time based

1. Acknowledge and remind yourself of what you have accomplished
2. Eliminate procrastination and distractions
3. Make plans and to-do lists that you can achieve
4. Take action to execute your plans… JUMP IN
5. Find a new source… Book, podcast, article, music, etc.
6. Create a vision board that you can see everyday
7. Challenge your negative thoughts and ask questions
8. Surround yourself with positive people
9. Address your doubts head on… write your doubts down word for word, and then write a response as if you were talking to a friend that turns the negative into a positive.
10. Get creative, be spontaneous, and add some variety
11. BE YOUR OWN BIGGEST FAN

**Reference List**

Kruger, Kathy. (2021). Why Slow is the Way to Go: 6 Reasons to Take Your Time. TinyBuddha.com. Retrieved from [Why Slow is the Way to Go: 6 Reasons to Take Your Time (tinybuddha.com)](https://tinybuddha.com/blog/slow-way-go-6-reasons-take-time/)

Liew, Jay. (2021). 8 Ways to Continuously Achieve Personal Growth. LifeHack. Retrieved from [8 Ways to Continuously Achieve Personal Growth (lifehack.org)](https://www.lifehack.org/829885/achieve-personal-growth)

Oxford Dictionary. (2021). Definition of Process. Oxford Learner’s Dictionaries. Retrieved from [process1\_1 noun - Definition, pictures, pronunciation and usage notes | Oxford Advanced Learner's Dictionary at OxfordLearnersDictionaries.com](https://www.oxfordlearnersdictionaries.com/us/definition/english/process1_1?q=process)