

## Motivational Moments: Taking care of yourself first

Written by Penny Jones-Richardson  
Friday, 25 October 2013 14:27

---



Are you the first person that reaches out to help those in need?

Are you the one that others come to for help or advice? Do you have someone that you can turn to when in need? These questions are just a few that I have had to ask myself from time to time. Sometimes you can find yourself giving so much of yourself, until there's nothing left over for you.

Are you that person who is always trying to make sure everyone around you is happy and that they have everything they need while you are drained, exhausted and tired and all the while forgetting about your own happiness? Well it is time for you to take a stand. It is time for you to say to yourself that you need to put your needs first.

I am not saying that you should stop helping others, but sometimes it can be too much. Sometimes people can run you down with their needs and wants and you forget you have things in your own personal life that you need to get done. Have you ever been in a situation when as soon as you think you have helped someone with one problem, here they come right back with the next problem? And sure enough they run straight to you for advice or help. It never seems to end. But there is a way to end this cycle. The only way to resolve this is to put your foot down.

You have to take time to decide if you are going to work on yourself, or constantly work on everyone else's issues. There is no way to find your greatness and work on your own goals if you are clouded with solving problems for others. I have found this to be true in my own life. I realized that in order for me to stay true to what I need to achieve and work on, I have to surround myself with other like minded individuals. In order for me to work on motivating others, I have to be around other motivators. Of course, I am always there to lend a hand when I can and I always make time for others in need, but my time, is only for me. I am able to let those I care about know when I am available and when I'm not. I had to learn to take care of my needs first. This should also be a goal for you. Make taking care of yourself your first priority.

And as always remember, stay focused, stay determined and keep striving for *greatness*.

*Penny Jones-Richardson is a published author and life coach. She can be reached via her website at [www.thequeensproject.com](http://www.thequeensproject.com) or email at [penny@thequeensproject.com](mailto:penny@thequeensproject.com).*