

Title

The Self-Care Guide for Ambitious, High-Performance Entrepreneurs

Inspirational Source

<https://emmalouiseparkes.com/embracing-your-strengths-as-an-introvert-with-stacey-hagen/>

<https://emmalouiseparkes.com/highly-sensitive-and-high-achieving-with-melody-wilding/>

Word Count:

1208

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Target Keyword

- Ambitious entrepreneur
(Target Keyword in Blog Underlined)

Supporting Keywords (Highlighted in Purple)

- successful highly sensitive person
- Ambitious empath
- Highly sensitive entrepreneur
- Highly sensitive person

Required SEO Keyword Placement

- In permalink

Suggested permalink

domain.com/self-care-ambitious-entrepreneurs

- Alt Tag- when posting your blog, title (save) the image as self-care-ambitious-entrepreneurs.jpg before you upload it to your CMS.

Add the alt text as follows: An ambitious entrepreneur reading as a form of self care

The Self-Care Guide for Ambitious, High-Performance Entrepreneurs



According to Elaine Aron, a psychologist who has written extensively on the topic, about 20 percent of the population are **highly sensitive people** (HSPs). HSPs process information and experience emotions more deeply than others. They are often very creative and have rich inner lives. For these reasons, they can be successful in a wide range of fields.

However, being a **highly sensitive person** in a world that doesn't always understand how different personalities work can present obstacles, taking a toll on your health and well-being and leaving them feeling vulnerable. If you are an ambitious high-performance entrepreneur, it's important to know what self-care practices work best for you.

Own Your Unbounded Potential through your Mindset

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Highly sensitive people are often thoughtful and empathetic, but also conscientious and driven to make an impact. They're often willing to do the things that other people don't want to do because they see the value in contributing their unique skillset. This is a valuable asset in today's workplace, where problem-solving and critical thinking are essential skills.

If you are a **highly sensitive person** and ever find yourself doubting your expertise, don't worry, you're not alone. It's natural to feel this way from time to time, but that doesn't mean you can't work on improving your mindset. One way to do this is by practicing affirmations. Affirmations are positive statements that you repeat to yourself regularly. They can help improve your self-confidence and remind you of your strengths. Here are a few affirmations to get you started:

"I am knowledgeable and competent in my field."

"I am confident in my ability to succeed."

"I am capable and I can handle whatever comes my way."

"I am proud of what I have accomplished."

"I am worthy of success."

Remember, you are a great listener, therapist, doctor, nurse, or any other sort of ambitious entrepreneur due to your finely tuned intuition and conscientiousness that helps you make detailed-oriented decisions in your work.

Self-Care Practices for High-Performance, Ambitious Entrepreneurs

Insert this as an H2 heading

Self-care is important for both our physical and mental health, but it can be hard to make time for. We are all so busy with work, family, and social obligations that it's often difficult to find the time to take care of ourselves. But it's important to remember that if we don't take care of ourselves, we won't be able to take care of others.

There are many ways to practice self-care, and it doesn't have to involve a lot of time or money. Some simple things you can do include:

1. Make a list of activities that are calming and relaxing for you, and try to do at least one of them each day. Some ideas include reading, taking a bath, meditating, or taking a walk outdoors.
2. Try to schedule at least one hour per day for yourself, where you can focus on your own needs without any distractions. This could be time for exercise, relaxation, or simply doing something you enjoy.
3. Say "no" more often. It's okay to decline invitations or requests if they're not in line with your priorities. This will help free up more time for things that are important to you.

It's no secret successful ambitious entrepreneurs have a daily routine that is focused on their goals. The most important thing to remember is to find what works for you and make sure you carve out time each day to focus on self-care. Whether it means getting up early or taking a break in the middle of the day, make sure you set aside time each day to do what's important to you.

Eat a balanced, nutritious diet

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No matter who you are, a balanced and nutritious diet is important for your overall health. A diet that is high in sugar, processed foods, and unhealthy fats can make a person feel tired and stressed, leading to weight gain, inflammation, and blood sugar fluctuations. If you are a highly sensitive person and you want to improve your diet try to eat more vegetables and fruits. These foods contain a lot of vitamins and minerals that are important for the body's overall health. Secondly, make sure that the food that you do eat is packed with nutrients. Try to choose foods such as lean meats, whole grains,

and nuts instead of fatty meats or processed foods. Finally, avoid eating late at night or on an empty stomach since these habits can lead to poor digestion.

Stop People Pleasing and Overworking

Insert this as an H3 heading

When we think about the great achievers of our time, many things come to mind. Ambition. Strength. Determination. But what about sensitivity? The ability to feel deeply and connect with others on a meaningful level is often seen as a weakness, but in reality, it can be one of our biggest strengths. Channeling both our sensitivity and ambition can be something truly amazing. It can make us more compassionate people, but also more driven and successful ones. It's not always easy to balance these two qualities, but when we do, we can achieve some pretty incredible things.

You need to learn how to set boundaries in order to protect yourself from harm and maintain your healthy sense of self. There is a line between being compassionate and being too sensitive. When you let your sensitivity turn into a lack of boundaries, you can end up sacrificing your own happiness and wellbeing. It's important to learn how to set boundaries so that your sensitive qualities don't become a negative force in your life. This means learning how to say no when you need to and standing up for yourself when necessary. It also means taking care of yourself emotionally and physically, and not letting others take advantage of you.

Get adequate sleep

Insert this as an H3 heading

Make sure you are getting enough shut-eye by sticking to a regular sleep schedule and avoiding caffeine and alcohol late into the evening. Many people know that they should avoid looking at screens before bed, but few people realize the extent of the damage that can be done. The blue light from screens suppresses melatonin production, making it harder to fall asleep and get deep sleep. Turning off all electronics two hours before bed can help improve the quality of your sleep. If you find it difficult to get a good night's sleep, consider seeing a doctor or therapist who can help you work on improving your sleeping habits.

Self-Care Through Sisterhood

When people are highly sensitive, the slightest amount of stress can cause them to experience overwhelming emotions. **Highly sensitive entrepreneurs** may benefit from practices that reduce the amount of stress they experience. These practices can include

things like exercise, relaxation techniques, and journaling. If you want to lean into community support, inquire about the Unbounded Mastermind, a year long mastermind and coaching program for women entrepreneurs who want to amplify their impact, become CEO of their businesses (and lives), and be massively help in lockstep support with a sisterhood of powerhouses doing the exact same. Self-care is important for everyone, but it is especially important for highly sensitive individuals.