

Therapy with Harry

"Not Asian Enough" Club

Let's Embrace Our Beautifully Complex Identity

Hey ,



What Are Your Superpower Hours?

I'm all about living an intentional life. And part of that is managing your energy levels and managing your time.

Back in 2018, I did something weird. I decided to do an "energy level assessment." This was before I was running my own business as a therapist, and was still working at my agency work.

"Energy level assessment" is just my fancy term for figuring out which hours during the day I had the most energy and focus. Turns out, I do my best work in the morning.

And I realized that in my superpower hours, I was either working at the agency (when I had morning shifts), or I was sleeping-in (when I had afternoon shifts).

So rather than spending the best hours of the day working towards my own goals, I spent those hours working towards the goals of my agency or sleeping in.

So when the heck did I spend time focusing on the things most important and impactful for my life? The answer was...NEVER.

As part of my shift towards living an intentional life, and building a life that I would love living, I made mornings my “sacred time.” That means that I spent that time on the most important and impactful tasks in my life.

Some of these tasks included:

- Journaling and reflecting
- Reading and learning
- Building the infrastructure for my therapy business

Even to this day, my mornings are still my “sacred time.” I spend each morning journaling, reflecting, reading, and learning. It has made me a better person and a better therapist. And most of all, makes me excited for the life that I’m intentionality building for myself.

So what are your superpower hours in your day? And how can you create an intentional schedule to spend some of those hours to spend it on yourself?

Part of this may require some creative problem-solving. For example, if you work 9-5, but your superpower hours are in the mornings, it may seem impossible. But not if we get creative with it:

- Wake up an hour early every Monday morning to get an hour of personal time.
- Switch a weekly shift with your colleagues.
- Negotiate flex hours or weekly work-from-home day(s) with your workplace.
- See if your manager would let you split up the use of a vacation day, so you can take off a couple mornings with one vacation day.
- Schedule biweekly Saturday mornings to use your superpower hours.
- Find a new job that can fit your schedule better.

This isn’t just an exercise to get yourself your superpower hours. This is also a practice into making intentional decisions. By engaging your creativity to live intentionally, it’ll build a sense of self-determination and empowerment.

So , what do you plan to do to free up your superpower hours? You can reply to this email. I read and respond to all your emails!



Take care, and keep being you!
Harry

Therapy can help you explore deeper, to create the changes you want in your life. If you're curious about it, click the button below to book a 30-minute consultation.

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