

I PRIORITIZE MY WELLBEING BY SCHEDULING "ME" TIME

I recognize the importance of taking care of myself and ensuring that I am healthy in my body, mind, and spirit. Therefore, I have consciously added "me" time to my weekly planner. By doing so, I can guarantee that I will have a designated time for self-care.

During this time, I allow myself to indulge in activities that bring me joy and peace without guilt or pressure. It could be as simple as sipping a cup of tea on my porch or taking a relaxing bath. I also use this time to work on personal growth and development, whether it's honing my talents or improving my professional skills.

To make this time a priority, I delegate tasks or decline invitations that may conflict with my planned alone time. My loved ones understand and support my need for personal time, as they know it results in a happier and healthier version of me.

By taking the time to recharge and energize myself, I am better equipped to live my life to the fullest potential.

REFLECTION QUESTIONS

1

What obstacles do I face in setting aside "me" time for self-care?

2

How can I make the most out of my alone time?

3

What benefits do I experience from prioritizing my wellbeing through self-care?