

Exhausted? Overwhelmed? Need a break?

Time Out...for You!

Where are you on your priority list? Be honest. By the time you've taken care of work and household tasks, ferried the kids to and from activities, looked after the dog and cat, and met extended family obligations, is there any time left for you?

It's no wonder you often feel exhausted and overwhelmed. The good news is that it doesn't have to be this way. In fact, if you put yourself at the top of the list, you'll have more to give to the people and activities that truly matter to you.

Commit to set aside 30 minutes a day for yourself. This might mean half an hour all at once, or three intervals of 10 minutes morning, noon and night. Or 15 minutes in the morning and at night. Find a balance that works for you.

Consider this to be sacred time. Nothing, and no one, interrupts you. Therefore, you need to cross it off in your day planner, and on your calendar. Explain to family members or co-workers that you are not to be disturbed unless the building is on fire. Do not answer the phone, the door, or check emails during this time.

Make sure this time is fun, enjoyable and relaxing, so that you look forward to it. What you choose to do is up to you. It may involve physical exercise, meditation, journaling, sketching, taking a bath, etc. If it's something that you enjoy, it will be easier to keep your "date" with yourself.

It takes at least 21 days to change patterns, so give yourself the structure and support you need to keep the momentum going. Plan a check-in with a friend on a regular basis, or offer yourself special treats for achieving your daily goal of 30 minutes.

Be creative in dealing with boredom or lethargy. Vary the activities and find new ways to pamper yourself because... you deserve it!



Six Steps for Creating Time for You

1. *Set aside 30 minutes a day just for you*
2. *Clear the time in your schedule*
3. *Take steps to ensure you are not disturbed*
4. *Make it fun and relaxing*
5. *Set up a support structure*
6. *Be creative*

Take another step by booking a personal coaching session at www.juliewiseconsulting.com

Awaken Your Potential!
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