

Me Time

Each morning when I first wake up, I take “me” time.

Time for me:

- before the kids wake up, begin to squabble, and need to be cared for.
- before my significant other starts telling me about their agenda for the day.
- before my own brain kicks into gear worrying about everything I have to do.

I sit up straight, stretch, and breathe.

I remember how grateful I am for what I have.

I read some spiritual literature to start to empower me.

I spend time reflecting on what I’d like to accomplish today or maybe only accomplish in the next few minutes—but mostly, how important it is to pace myself, so I don’t take on too much.

I remind myself that I have limits and it’s okay to have them.

I’m no good to anyone if I’m rushing around, and not taking care of myself.

See all those “I’s”? That’s what my “me time” is all about.

My “me time” empowers me for the rest of the day.

