

# *Me Time*

## Time Alone

1. REVIEW YOUR *Life Map* on page **Error! Bookmark not defined.** to see if you can use one of these goals to assist with finding *Me Time*. Or you can just commit to the time – 15 minutes a day and decide what to do later.
2. START SMALL – it is okay to start with one activity per week or just a few minutes a day.
3. BOOK AN APPOINTMENT with yourself in your day-timer or family calendar.
4. CONGRATULATE YOURSELF on your successes and if you miss a day or miss a time don't fret over it. Just re-book your time.

### *Your Commitment*

I, \_\_\_\_\_, believe I deserve to take care of myself. I will make sure to take some time for me everyday. I will also make sure that I am aware that my family also needs *Me Time* and help them to find it.

**ACTIVITIES** I would like to include in my *Me Time* are: