

THE ME TIME

Are you taking time to rejuvenate?

Make time to do the things you enjoy and love. Get out in nature to ground yourself, renew your "SPIRIT" and recharge your energy.

Natural Rejuvenation Methods

Eat Healthy Meals with plenty of fresh fruits and vegetables (Organic when possible)

Daily Exercise- walking at least 30 minutes per day

Prayer and Meditation-Start your day connected to God, stay directed and on purpose

Make time for yourself daily to do something you enjoy--it does not have to cost money. Remember, the best things in life are free--take a bath, read a book or magazine, give yourself a facial, have some quiet time with a cup of hot or cold tea, go for a ride, go biking or hiking, watch your favorite show or take a nap.

Keep your self talk positive and free of criticism.

Surround yourself with positive people, places and things. If someone or something leaves your energy depleted you need to buffer yourself and your energy from these situations and set your boundaries.

Daily Affirmation

I spend time doing the things I love and I am rejuvenated!