

Personal Reflection Exercises...

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Each week I am adding myself to my planner so I can take time out for me. I do this because I value my health and wellbeing. My body, mind and spirit benefit when I recharge my batteries.

I make dates with myself to spend time away from every day tasks. ***I am important enough to be in my calendar.*** I formally designate a time for myself because if I didn't, I would invariably find something else to do.

Me time is for me to do whatever I please, free from guilt or pressure. Often, I simply relax on my porch drinking a cup of coffee. Other times, I take a warm bath and soak away my troubles. Exercising is another enjoyable way to burn my stresses.

During my moments alone, I spend time developing myself as an individual. I devote time to fine tuning my talents. Sometimes I use the time to improve myself as a professional.

In order to free up my schedule to allow personal time, I delegate tasks to others or decline invitations that may conflict with my planned time alone.

The people around me support and respect me in my quest for personal time because they know they get a better me as a result.

I spend time alone to energize myself and live my life to its fullest potential.

Self-Reflection Questions:

1. What gets in the way of my alone time?
2. What types of activities do I enjoy doing by myself?
3. How do I benefit from time alone?