

SOMETHING TO WORK ON!



PLANNING “ME” TIME

Time to plan that “me time”! It’s February, the month of love, and time for you to show yourself some love. I feel there’s no time like the present to start planning some “me time”. Here’s how to start:

1. Grab your calendar and pick a date. It can be a weekend or a weekday. Make sure it’s a day when you will be least likely disturbed by family and other obligations. To make this happen, you may have to take a day off from work and/or plan it when the kids are in school, if you have children you care for on the regular. Just make sure to pick at least one day.
2. Make arrangements for that day. People rely so much on you because you are dependable. I don’t expect you to just ignore your obligations, therefore, take a moment to make arrangements for the obligations you have. If you need to take a day off from work, put in the request and/or find someone to cover your shift. If you usually care for kids or aging parents/family members, reach out and find someone reliable who can step in your shoes for that day. Long story short, make arrangements for anything you can think of that could potentially bar you from having personal time.
3. Plan your day. After your arrangements have been made, you need to start pinning yourself to your “me time” day. Decide what you want to do for that day. Think of realistic things your time and money can handle. This day may require you to set aside some funds just to do something you want to do. If you are able to, then do it. If things are a little tight, don’t fret, there are plenty of inexpensive ways to enjoy your personal time, like spending the day at a park, hiking, reading a book, listening to music, painting your nails, binge watching tv shows, taking in a movie, or just relaxing. This day is meant to relax you, not stress you, so think about what fits you. If you want to go someplace that require reservations or tickets, handle that right away. One main thing to remember, “me time” is not “chore time”. Do not plan grocery shopping, laundromat runs, house cleaning, or anything else of the sorts for your “me time”. Also, for this first one, don’t make it so big that it’s unattainable or more like “work” instead of fun and relaxing.
4. Take your “me time”. Out of all the other steps, this might be the hardest. It is so easy to cancel this day, especially since it’s for just you. We need to stop minimizing our needs. Challenge yourself for this one day to put yourself first. You may need to begin the day doing some meditation and/or mind relaxing exercises to rid yourself of any negative talk. Then just go for it! Enjoy your “me time”!
5. Go easy on the expectations. The goal for this day is to have some personal time for yourself, so don’t overthink it. Setting too many expectations for this day can take the joy out of the day, especially if some of the expectations aren’t met. If you set your expectation level at “just time for me”, then you should be able to have a relaxing and enjoyable day.

I am so looking forward to planning and executing my “me time” day. I hope you are too! I will let you know how it goes!



ONE LAST THING



If you haven't signed up to be a subscriber, please go to www.ceejaywood.com and click on “subscribe”. It's free and worth your while. I'd love to hear from you, so please feel free to reach out with blog topics and questions.

Until Next Time.....