

## No Time To Spare Self Care

Here's a no-nonsense 10-minute self-care routine designed for women on the go—because even busy queens deserve a moment to recharge:

### 1. Settle In (1-2 minutes)

- **Find Your Space:** Whether it's a quiet corner of your living room, bathroom, or even your car (safely parked, of course), carve out a little zone.
- **Deep Breathing:** Close your eyes, take a couple of deep breaths, and set an intention. Think of it as telling your brain, "Hey, I deserve this."

### 2. Move Your Body (3 minutes)

- **Gentle Stretch or Mini Dance Party:** Loosen up with a few simple stretches or put on your favorite upbeat song and shake it out. No judgment here—if you're dancing like nobody's watching, you're winning.

### 3. Connect with Yourself (3 minutes)

- **Gratitude or Quick Journaling:** Jot down or simply reflect on three things you're grateful for. It could be as simple as that perfectly brewed cup of coffee or the fact that you're still rocking it despite the chaos.
- **Positive Affirmations:** Look in the mirror and remind yourself: "I'm strong, I'm brilliant, and yes, I deserve a break."

### 4. Mini Pampering (2 minutes)

- **Refresh & Reset:** Splash cool water on your face, apply a bit of moisturizer, or even massage your temples. This is your moment of "me time"—a tiny pick-me-up that reminds you you're worth it.

**Wrap It Up:** That's it—10 minutes that go a long way. Remember, self-care isn't about spending hours at the spa; it's about giving yourself permission to take a break, however short, and making it count.

Go ahead—plant those seeds of self-love every day and watch how even a tiny moment can make you bloom.