

★ Me Time! ★

What would I do if I had **10** beautifully **FREE** minutes to **myself**?

And if I had **30** whole minutes...

What about an **hour**!?

Even **more** time... **2 hours**, **half a day**, a **WHOLE day**!!!

From your fabulous brainstorm above, circle/highlight/star the ones that **MOST** appeal to you. Which would help you to feel happier and more like your best version of you? It's easy to spend your precious free time online (social media, trolling the web, emails), but is that nourishing you? **YOU DECIDE.**

I need regular ME time because:	Which obstacles might try to come between me and my deserved ME time?
How often will I create ME time in my day/week?	How can I overcome these obstacles?

Schedule in some ME Time for this week – and into the future.

Share this with your family so they can support you! **YOU DESERVE THIS.**