

Me-time for your Self

Doing nothing is living too!!

Time for yourself is something that is often underestimated. We keep on racing through our lives. From here to there and everywhere and often for everyone else except for ourselves. This can go to a point that you may not even remember who you are ...

How does your Self feel? Are your thoughts really yours? What you think needs to happen is that really a MUST? Who do you live for? How does your body feel?

You have no idea? With this me-time sheet I help you reconnect with yourself and immediately free up the time YOU deserve in your own life.

Be honest with yourself. Take the time to really get a good look within. Try to connect with your feelings and write answers very consciously. And when you are done...

You are ready to plan what YOU really need for YOURSELF on your schedule for the coming week. Experience how nice it is to make arrangements with yourself for you and no one else! For example, do you really need a moment of nothing at all? That is allowed, doing nothing is living too after all!

You only have one life, make sure
it is yours!



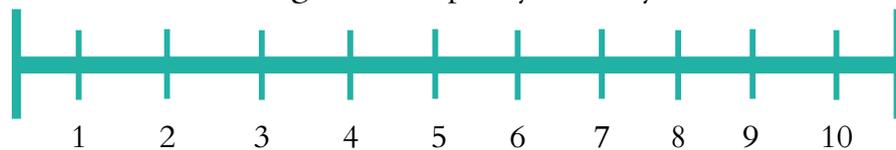
love ~ Antoinetta

Body - Mind - Soul

Take a deeper dive into your Self.

Body

How good of shape is your body in?



Look at yourself honestly. What is your biggest challenge with your body?

Now that you know this what does your body really need?

Mind

What is really necessary and why?

What seems to be necessary but is actually compulsive? Why?

How does this realization help you make time for yourself?

Soul - What makes you truly happy?

What did you do for yourself today and what was actually for someone else?

What do you love most? Or what do you like doing?

Who or what inspires or motivates you to be who you are and do what you do?

Give Yourself Time

After all there are no tigers on your doorstep

Have you really been honest with yourself?

Then it is now time for what you really need, what really makes you happy, what you really want to do because YOU really want to plan that!

Not quite sure yet? Then just start with the little things you know. For example, have you filled in; "I used to feel happy when I was surrounded by flowers." Go buy a bunch of flowers for yourself today, or go outside for a few minutes to pick a flower. Then try to experience what you feel. So simple can it be.

Be nice to yourself, the more me-time you give yourself the more connected you are to yourself. When you listen to your body it becomes easier to feel what you enjoy and want and also the moments where you are really happy and relaxed.

Start small and do this only for you! You don't need to be afraid. What you should pay attention to is that you have the right motivation for what you are doing. The only right motivation to do what you do, is to do it because you want it or because you can. Because you benefit from it.

Print this form a few times, and use the questions to plan every day a me-time moment. You will see that the connection with your Self improves significantly and that you will be a nicer person for yourself and your environment.

|  | Example | | | |
|---|--|---------|---|---|
| | Activity and Goal | Time | ✓ | How does that feel? |
| Body | My body feels stiff and tense. I recognize I need to do more yoga and relax. | 15 min. | ✓ | I was afraid it would take too much effort but after only 15 minutes my body feels better. |
| Mind | I am stuck in my fears of the past so I want to read some of the Healthy Sense of Self book. | 15 min. | ✓ | By reading this I really get to know myself I acknowledge my fears and understand a little better why they are there. |
| Soul | My hidden talent is drawing. Today I will spend some time making art. | 30 min. | ✓ | Once I started drawing on the paper I felt peace in my heart. |

Me Time Per Week

Plan your me-time

|  | Day..... | Date-.....-..... | | |
|---|-------------------|------------------------|---|--------------------|
| | Activity and Goal | Time | ✓ | How did that feel? |
| Body | | | | |
| Mind | | | | |
| Soul | | | | |

|  | Day..... | Date-.....-..... | | |
|---|-------------------|------------------------|---|--------------------|
| | Activity and Goal | Time | ✓ | How did that feel? |
| Body | | | | |
| Mind | | | | |
| Soul | | | | |

|  | Day..... | Date-.....-..... | | |
|---|-------------------|------------------------|---|--------------------|
| | Activity and Goal | Time | ✓ | How did that feel? |
| Body | | | | |
| Mind | | | | |
| Soul | | | | |