



MYSELF: The Individual YOU

TEN SIMPLE IDEAS TO MAKE THE INDIVIDUAL YOU A PRIORITY

Too often, we get so caught up in doing and being for others, we forget about doing and being for ourselves.

1. **REACH OUT AND TOUCH SOMEONE:** Is there an old friend or someone you have been thinking about or wanting to call or get together with? Stop putting it off. Reach out RIGHT NOW to let them know you are thinking of them, and see what happens.
2. **GET ACTIVE:** Wake up a half hour earlier and go for a 20-minute morning walk. Take a mid-day break and get your juices flowing with some stretches or a brisk walk. Make an after-dinner walk a part of your unwinding for the day. Put on some jiving music and get up and dance like no one is watching.
3. **SMILE AND REFLECT:** Just smile for no reason and then see what comes to mind when you do this. Try it right now. What comes to mind is not nearly as powerful as what actually happens when you do this. Notice how your whole demeanor changes and an actual wave of energy seems to flow over you when you do this. Then proceed to whatever you were doing and notice the difference it makes in your progress.
4. **RESEARCH A HOBBY:** Think of something you have always wanted to learn or do and let Google do the work for you. Find an article, book or a class and then see what you can do to make it happen.
5. **30 SECONDS OF INSPIRATION EVERY DAY:** Go to www.greatday.com and be inspired by the wonderful Daily Motivations from Ralph Marston.
6. **ALLOW YOURSELF SOME TIME OF SOLITUDE:** Whether it is five minute, 15 minutes, a half hour or more, make it a daily practice to just be still. Allow yourself some precious time to declutter your mind and simply breathe in life for a few moments. Make this a time of decompression and reflection that everyone also respects and allows you to enjoy.
7. **APPRECIATE LIKE THERE'S NO TOMORROW:** Take a few moments and write down all of the things that you appreciate about yourself, your life, and the world around you. Carry around a token that when you see it or touch it, you are reminded on a daily basis or multiple times a day of what you are so blessed to have. Consider keeping a gratitude journal that captures this for you to reflect and potentially share with those around you.
8. **TAKE A REAL LUNCH BREAK:** How many times do you simply work through lunch? Treat yourself to a real lunch break. Get away from your desk and take an hour and enjoy the food you are eating. Enjoy reading for pleasure while you eat. Get outside and enjoy the weather while you eat. Meet a friend and share while you eat.
9. **START A "KUDOS FOR ME" FILE:** Start a file that you can look at when times are rough or stress is high to simply remind you of all the wonderful aspects of your life and work. Put in artwork from your kids or grandkids, thank you notes or special messages from friends, congratulatory notes from colleagues, pictures of things you enjoy ... and the list can go on.
10. **GIVE YOURSELF A BREAK:** When you are feeling the most overwhelmed is when you literally need to give yourself a break. So do it. Take a break and do something that is entirely for you. Leave work early and go to a favorite place you haven't been for a while. Escape to an afternoon matinee, a museum, to watch the surf or nature, or to surf the net for the fun of it.

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