



# SHOP FOR “ME” MOMENTS

◀ GIVE BACK TO YOURSELF ▶

## YOU'RE GENEROUS WITH YOUR TIME. GIFT SOME TO YOURSELF.

“ME” moments are brief vacations from all of the commitments in your life. The harder you push, the more you need to replenish yourself. It's critical that you fill, and refill, the YOU reservoir on a regular basis by spending quality time with yourself. One way to do this is to imagine an open air market and visualize all of the baskets overflowing with ways that you could spend time focusing solely on you.

If you could “shop” at this “ME” Moments Market weekly, what would you fill your basket with? What are the ways that you would enjoy spending 5 minutes, 15 minutes, 60 minutes, or more? Would you “buy” a quick nap? Maybe a five-minute meditation? How about a walk around the block? Or how about choosing three minutes to simply sit still, breathe, and do nothing?



### If you have 5–10 minutes

- Stretch
- Breathe
- Do nothing
- Listen to music
- Read a favorite poem
- Listen to affirmations
- Watch the clouds go by
- Walk stairs
- Snuggle your pet
- Dream about your next vacation



### If you have 15–30 minutes

- Read a book
- Do a crossword puzzle or Sudoku
- Trim flowers from your garden
- Go for a walk
- Take the dog to a nearby park
- Take a bath
- Enjoy a facial mask
- Buy a gift for yourself online



### If you have 30–60 minutes

- Get a massage
- Take a nap
- Meditate
- Schedule a class that you've always wanted to take just for fun
- Go for a bike ride
- Visit a botanical garden or do some gardening of your own
- Engage in one of your favorite hobbies