

## ♥ Snippets of Encouragement #132

Hello darlings

It is day 132 of Snippets of Encouragement, and today I'd like to encourage you to make time for yourself.

Yesterday's snippet was all about the illusion of having no time and continuing on that theme, let's talk about making quality time for yourself.

I've done this and perhaps you have too, I've made absolutely no time for me in my own life.

That sounds crazy right? How can we make no time for ourselves when we're living in our bodies and going around with ourselves each and every day?

This happens because we don't prioritise ourselves as number one in our lives. We are so busy in activities and distractions that we don't take the time to spend with our dearly beloved selves.

In fact, many people studiously avoid themselves, scared of what they may discover about themselves.

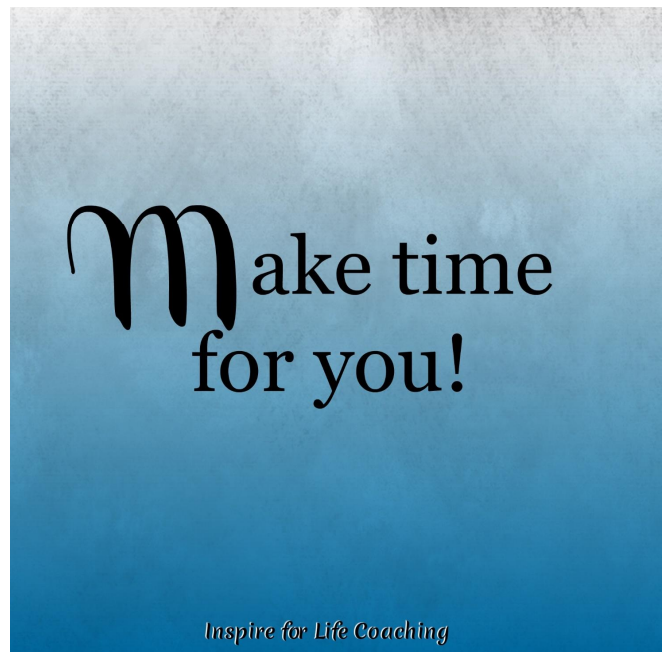
Building a relationship with yourself is the most important relationship you will ever create in your life. How is it possible to know others more intimately than oneself? Yet this is so for many people.

They may be plodding along on the treadmill of life, blissfully unaware of how other focussed they are and then experience a crisis and wonder who they are. Crisis can be the greatest gift as it returns us to ourselves.

Now I'm not suggesting that you go and manufacture a crisis for yourself so that you can make time for yourself. We don't need to be so radical! However, we do need to nurture the relationship with ourselves through contemplation, deep diving, exploration of our inner being.

You can't do this if you're always busy in other peoples' lives or never spend a quiet moment alone in introspection.

Today I would like to encourage you to say no to those who may be demanding your time. Switch off all distractions; find some quiet space within or in your environment. Do those things that bring you great joy. Don't feel guilty about it or doubt that you're worthy of your own time.



## ♥ Snippets of Encouragement #132

Stop making excuses about not making time for yourself. Remember this is YOUR LIFE so nothing can be more important than YOU. If there is a long list of other priorities before you, I strongly suggest you look at that list and ask yourself what the hell you're doing to yourself.

Your time! Your life! Make it about you!

If you've enjoyed reading this snippet of encouragement there are three things you can do. **SHARE** it with a friend. **ENCOURAGE** another person today. SIGN UP using <http://eepurl.com/dlt8Fj> to receive the Snippets live to your inbox each day.

