

*Special Report from Breathe Again Magazine*

# *“10 Steps to Finding Me Time”*



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By Nicole Cleveland from <http://www.breatheagainmagazine.com>

# 10 Steps to Finding Me Time

## About the Author



**Nicole Cleveland**

Nicole Cleveland is Editor In Chief and Founder of Breathe Again Magazine, an online magazine designed to encourage, uplift and inspire women. Breathe Again Magazine posts real life testimonies of women that have endured, overcome and beat adversity. The Bible states that we are overcome by the power of our testimony, but Nicole has found that people are not telling their “real” testimony to help encourage others so she decided to do it herself. Visit <http://www.breatheagainmagazine.com> or email her at [editor@breatheagainmagazine.com](mailto:editor@breatheagainmagazine.com)

Nicole Cleveland is also the host of BAM! The Radio Show, an internet radio show and podcast designed to empower, educate and connect faith-based women. Our topics are designed to open hearts to issues we face every day but were taught not to talk about. We are here to say that “Your issue is My issue – let’s overcome it together.”

Visit BAM! The Radio Show today. <http://www.breatheagainmagazine.com/radioshow.htm>

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In this busy, congested, schedule-packed world we live in, it's real easy to get caught up and stressed out. Kids, work, church, husband, sister, business owner and Friend are just a few hats we wear.

***“We are everything to everybody and nothing to ourselves.”***

Recently I conducted a survey on how many women make time for themselves each month – no husband, no kids, no work... just complete “Me Time.”

Sadly, less than 10% of the respondents make time for themselves. Time, lack of childcare and money were some of the excuses.

## **No More Excuses**

I have created this tip sheet with you in mind.

Hopefully you will make time to implement some, if not all, of these steps to find some time for yourself. You deserve it.

Nicole

# 10 Steps to Finding Me Time



## 1. **Wake Up Early**

Set your alarm to wake up 30 – 60 minutes before everyone in the house. Steal away time for just you and God. Pray, meditate, read, write or just enjoy the quiet time alone.

## 2. **Work Stressing you Out?**

Take a moment and walk away from your desk. Take a smoke break. (We know you don't smoke) If smokers can take a break to smoke, can't we take a "Non-Smoke Break" to clear our head?

## 3. **Food**

Every so often treat yourself to something good to eat. There is a reason they call it "comfort food." (And don't share!) This is something special just for you, even if you have to eat it in the car. Do not share.

## 4. **Lingerie**

Go buy yourself a sexy piece of lingerie (Just for YOU!). This piece is not to impress anyone but you. When you look sexy, you feel good about yourself and your confidence increases. Fix your hair up and put some lipstick on. Just for you.

## **5. Movies**

When was the last time you saw a nice theater production or movie alone? Try it, you may like it. You won't have to tell anyone to stop talking and you definitely won't have to take anyone to the bathroom. 😊

## **6. Candlelit Bubble Bath**

When the kids are good and sleep run a hot bath. Put on some soft music and light some candles. Don't bring a book; just bring yourself and a clear head. Close your eyes and let your muscles relax.

## **7. Nap Time**

Why is it that kids are the only ones that can take a nap? We need naps as well. Next time you put the kids down, don't fold the laundry or check emails. Grab a good section on the couch and take you a well-deserved power nap.

## **8. Alone Time After Work**

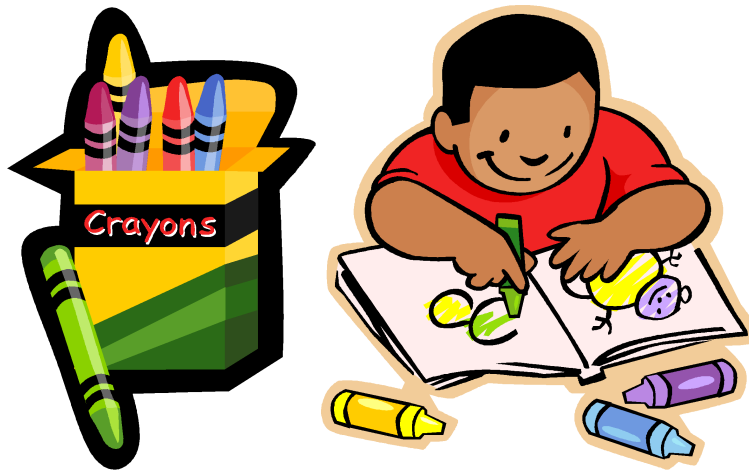
As moms we get off work, pick the kids up and go straight in the kitchen to cook. Next time, take a detour and unwind. Remove yourself for 10 – 30 minutes to adjust from work to home. Do a few breathing exercises and allow your mind to make the transition from office mode to “mommy, honey mode.”

## **9. Write a Letter**

Look up an old friend or family member you haven't spoken to in years. Sit down and drop them a line (not an email.) You will be amazed how excited you will be to anticipate what they thought when they received your note. You may make their day.

## **10.A Blast From The Past**

Remember what you enjoyed doing growing up? Was it bike riding, sewing, skipping rocks, reading, latch hooking, arts & crafts or coloring? Close your eyes and think about that one thing that made you happy and reinvent it today.



*Someone once told me to always keep a pack of crayons. When life starts to overtake me, smell the crayons. Always remember what it was like to just color...in the lines or outside the lines; it really didn't matter.*