

It's important to take time for yourself, and it is an investment in the well-being of your future self.

Our comfort zones tend to keep us nailed down to the same Groundhog Day, on repeat over and over again.

BUT-- we have the ability to choose to change our lives and see things through a different lens. This requires us to step outside of our comfort zones - it's where the magic happens!

(BTW, there is no such thing as "I'm too old!" )

Change is just glorious uncertainty.

Uncertainty means you don't know what's next, and that's okay.

In addition to stepping outside of your comfort zone, you also need to take pointed action.

Self-care is an investment in yourself and your body. So, how do you invest in yourself?

- Next time you get a mani/pedi, splurge an extra \$10 on a hot stone massage for your legs. (This is especially wonderful after you've been working out!)

- Start a practice of taking a bath on a nightly basis. Its a good way to teach your body to unwind before bed.
- Quality sleep is the ultimate form of self-care. Make sure you're getting to bed at a reasonable time (quality sleep happens between 10 pm and 2 am). Add a little lavender oil to your bath, and make sure you have a good mattress.
- Get your vitamin D! Take a sunbath - it doesn't cost a dime, just a few minutes of your day. It helps us stop and appreciate the leaves, the branches, and the clouds, and to become a little more present - observing, listening, and breathing deeply.
- Journaling - get a pretty journal that lights you up.
- Designate some daily reading time. I do 10-20 minutes a day, although my goal is an hour a day. My daughter and I are starting the new Brene Brown book, Atlas of the Heart, soon. Which brings me to...
- Relationships! Connections and relationships are everything, and it's easy to get disconnected. Make an effort to reach out to the people you love - the little touches all add up. Show your pets some love too!

- Hire someone to do something that you usually have to do, for example, cleaning your house. This frees you up to work on something else of value. (Like decluttering a closet - that's my next task!)

Plan! It makes you feel good about yourself and what you're doing. You don't lose 130lbs by waiting until you're ready to gnaw your arm off before deciding to eat. Plan your next week, or better yet, your next 12 weeks. It's an investment in your future. (The TBYL Journal is a fabulous resource BTW!)

When we invest in ourselves with our time, money, and resources, we boost our self esteem. We tell ourselves, "You are worthy." There are dividends on the other side of an investment, and **YOU**, my Lovely, are a worthy investment.