

How to make time for yourself

Aswell as looking after people you need to look after yourself and so here are some ways you can Make Time For Yourself:

1. Have a good hearty breakfast, where you can sit and eat, gather your thought with a radio, Youtube or TV on in the back ground
2. Make time to read a book in the bath. Did you know Oprah Winfrey does this and always writes aswell when in the bath
3. Take time to go through your finances and go through items you need and items you want, but with having a clear out and what you can sell too make some money or donate
4. Do different makeup looks that you like and same with clothes
5. Clean one area of your home and leave out smartly items you use all of the time
6. Take a brisk walk and enjoy nature
7. Have a tidy up in your garden if you have one, and get your kids involved too
8. Go for a drive somewhere like a national park and why not have a picnic
9. Have a friend to come over to get your hair done. I am looking forward to getting my hair done and coloured that I am thinking about getting it can't and dying it myself
10. Have girls night in and have friends over. You are never too old for a sleep over so why not get some prosecco, some snacks and put on a movie