

**E-magazine: Esteem Yourself E-magazine**

**Title: What's Important?**

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Need advice about self-esteem, self-worth, or confidence? I'm here to help. If you have a question, send it to [info@esteemyourself.com](mailto:info@esteemyourself.com). I'd love to hear what's on your mind.

It is important to take time out for ourselves and not always aspire to be a character in a comic strip (at all times).

### **Busy Busy Busy**

Our world is so full of tasks, at times we get so involved in doing (for others) that we may totally forget about ourselves. You can try to excuse yourself by using the "I don't have the time" statement. Yes, time flies and sometimes it takes us right along with it. However, that doesn't mean you should forget to stop to give yourselves time to reflect, think and recuperate. We must make the time to stop, breath and relax.

### **Feeling Guilty & Irresponsible**

In some cases, as you are taking this time for yourself you may find yourself more concentrated on how much time you are wasting just relaxing. You may also feel that you could be using the time to do "other important" things. Reality check, the first and most important thing you need to feel guilty and irresponsible about is not taking care of yourself. Also, it takes energy to do for others. Where are you going to get the strength you need to do for others if you don't find the time to energize yourself. So, I say to you, ignore the tempting urge to think that you are wasting time, instead realize that you are not doing any good (for anyone) by not taking a time-out.

If you don't take proper care of yourself (including taking a break) you might find yourself drained and exhausted. Taking a time-out will give you balance and you will feel a sense of renewed energy and strength. Taking time for yourself should always be a top priority for you. Don't ever dismiss the urge to take a break.

### **Daily Task**

Taking time for yourself is something that is necessary and should be done daily. Plan within your daily schedule a time to rejuvenate. Even for just five minutes. Think of it this way: taking time for yourself is a service. Just as you serve others you must learn to serve yourself. The time you take for yourself is worth more then you can imagine. You'll reap the rewards. Do something good for yourself everyday - take some "me" time.

### **Taking time to yourself can be ...**

refreshing and energizing  
stress relieving and perfect way to pamper yourselves  
spiritually uplifting and physically empowering  
mind stimulating and idea conducive  
peaceful and enjoyable  
a great way to meditate and is therapeutic

Tip: No matter what you decide to do on your time out, truly focus on you and don't let your thoughts slip into thinking about others.

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