

# SAYING NO TO THE GUILT...

This guide is to help **YOU** move on from feeling 'guilty' about a little self-love!

It's aimed to guide you through a journey, which will hopefully result in you feeling **GOOD** about taking some time out to focus on **YOU** rather than just focusing on others all the time.

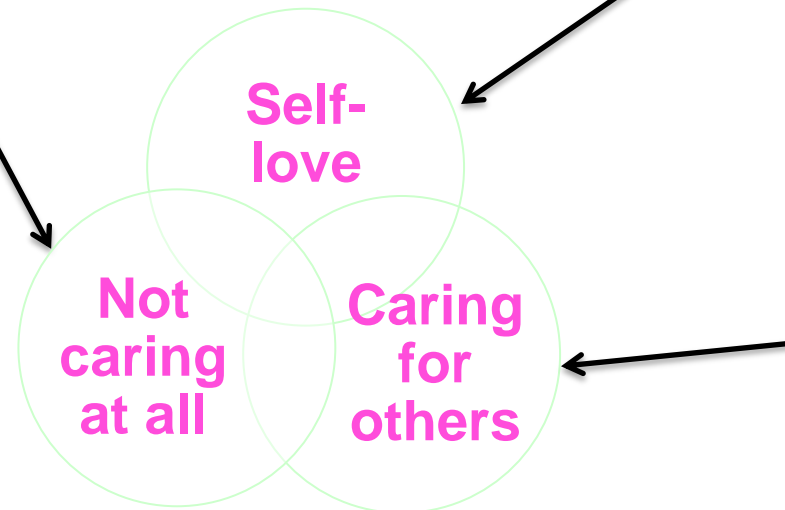
Now don't get me wrong, I am not saying you should forget all your responsibilities and forget about other's feelings, we just want a little more self-love and a little less guilt!

## Where we are scared to end up

- We worry that spending time on ourselves would result in not caring at all about others and letting go of our responsibilities

## Where we are not

- We would like to spend more time on ourselves, however feel it should not take up too much of our day
- Feel guilty about spending time focusing on ourselves rather than others



## Where most of us are now

- Focused on helping others and trying to be the best partner, friend, daughter or sibling we can be
- Would rather put others before ourselves
- Have little time for us, and when we do feel guilty or like we should be doing something else

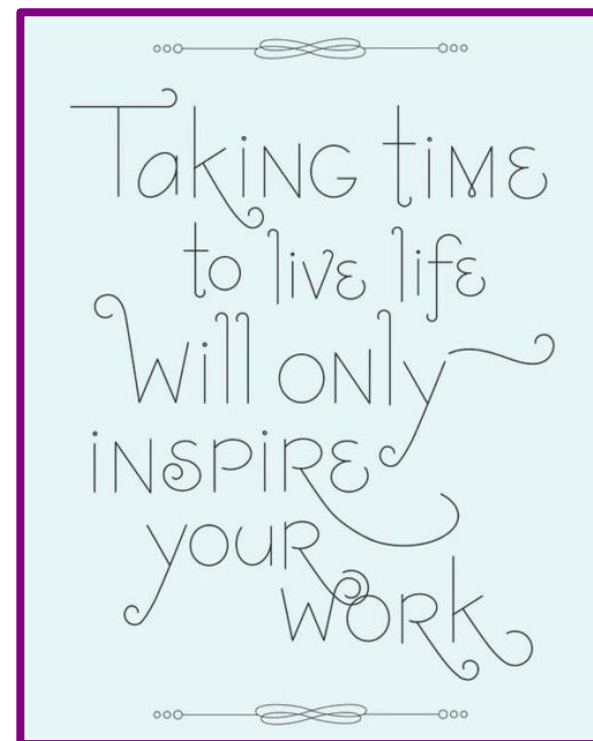
This worksheet is designed to help you get to place in the centre of these 3: Taking some for self-love **WITHOUT** feeling guilty. Still caring about the ones you love, but not caring about those you don't... Read on

*Taking time to yourself is likely to result in you being better in certain aspects in life, such as being more patient with friends and family, more focused on work and probably more inspired and creative in everything you do...*

**What are some things you could do to help with taking some time for a little self-love?** Yoga? Reading a book? A hot bath? Fill in some ideas here:

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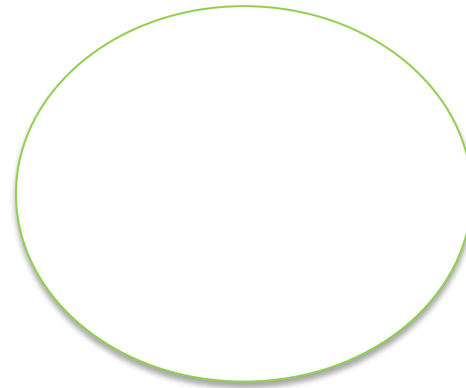
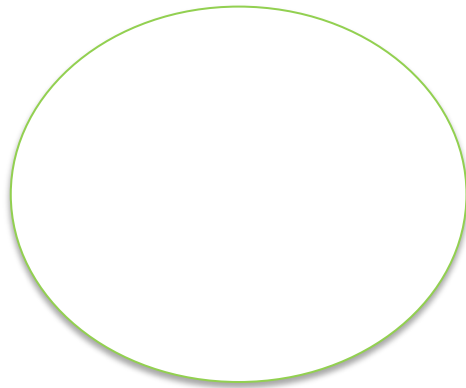
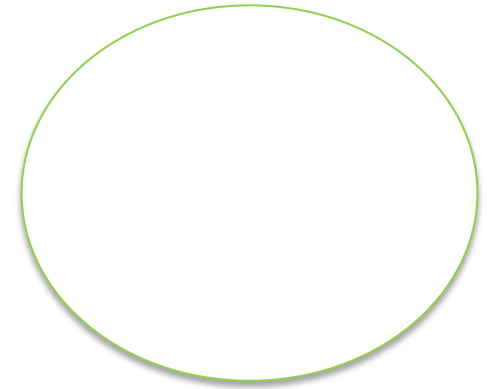
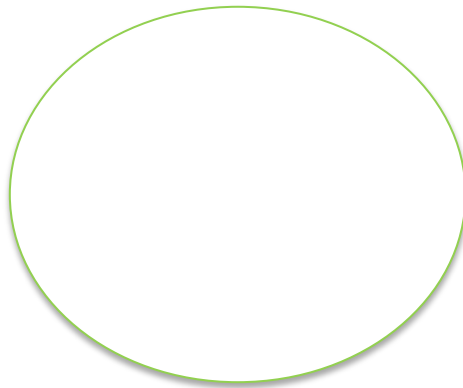
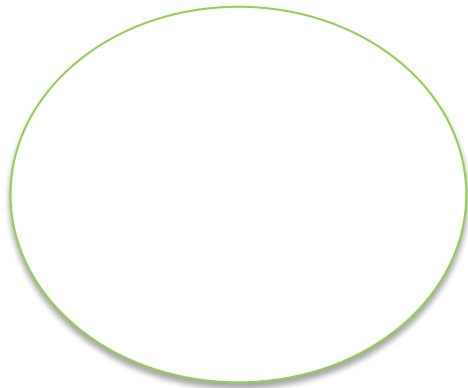
Try and do at least one of these every day... Taking a little time to yourself is going to only have benefits and help you centre yourself within your life.



Remember this quote when taking some time to yourself... Taking time out will only inspire, not only your work, but also a lot of things you do. Being more inspired is likely to change your outlook in life to be one that is much more positive. So **'take time to live life'**.

# What do I want to achieve?

Think of some things you would like to achieve whether they be today, next week or in your lifetime... What are your dreams and goals?



Reflect on these things you have written on the sheet above and realise that by taking some time to yourself each day it can ultimately help you to achieve these...

*Whether the time you take to yourself each day is little or large, it is likely to play a part in making you feel more optimistic, patient with others and inspired... This is likely to help you achieve your goals*

This time to yourself is so valuable and should be a mandatory and **NON-NEGOTIABLE** part of your day.

**If you feel like you like the idea of including ‘self-love time’ into your day, but are not sure how you could fit in... it’s simple, just PLAN!**

Set out a plan and just think of one thing YOU would like to do today and aim to achieve this... For example, you may feel that on Monday you would like to take 10 minutes for some meditation, or at the weekend you would like an hour to finish a chapter of a book.

What you do with your time to yourself is completely up to you!

You can sort out which things you would like to be a mandatory part of your day, then those things you would like to definitely like to do once a week, month etc.

For example, you may feel you definitely want 30 mins a day to do some exercise, 1 hour per week for a yoga class you may want to do, and then once a month you would like to have an aromatherapy massage, or life coach session.

<b>Every Day</b>	<b>Weekly</b>	<b>Monthly</b>	<b>Yearly</b>
Reading	Yoga Class	Massage	A getaway/trip
Meditation	Running	Life coach session	
Blogging			

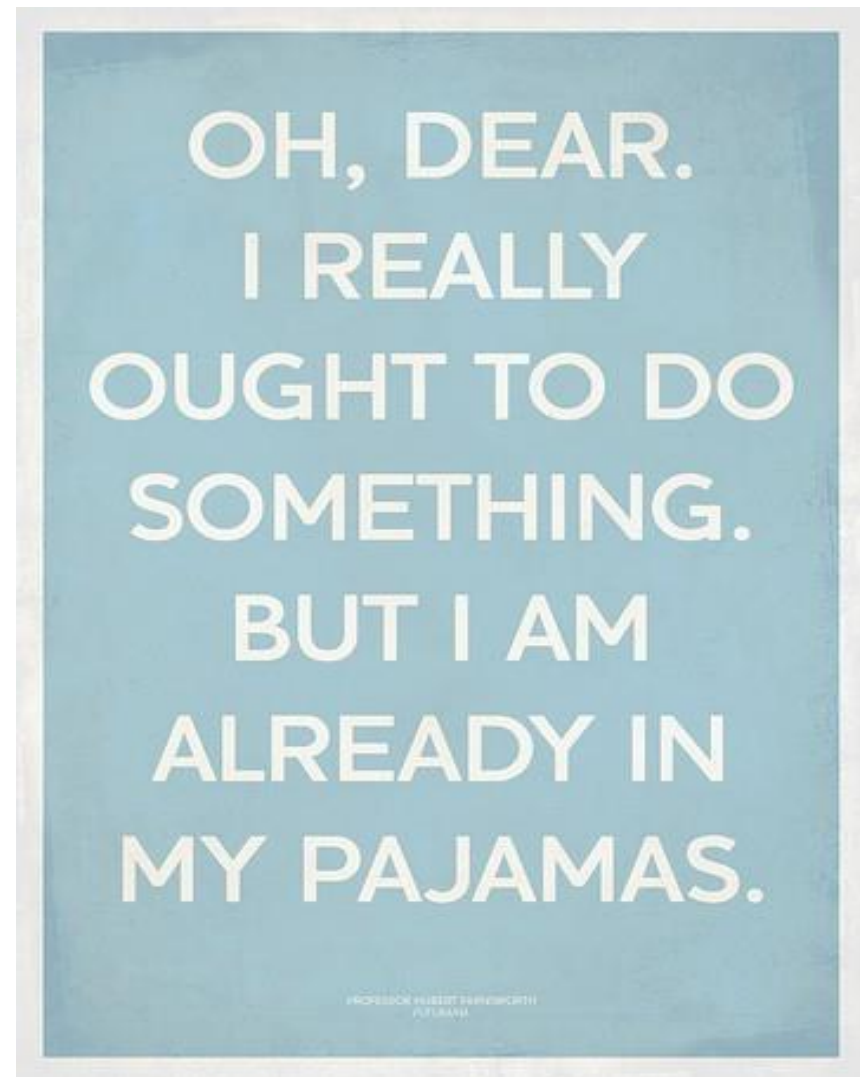
Once you have planned things you would like to do, keep a record of the different things you have achieved each day and how you have spent your 'self-love' time, however small it may be. This way you will feel achievement and a sense of accomplishment.

**WHAT I HAVE ACHIEVED TODAY IS....**

**HOW I SPENT MY 'SELF-LOVE TIME' WAS....**

# AND...

*If some days you don't manage to do everything you want, do not feel deflated, everyone has those days and it is likely that your body is telling you that you are doing too much!!!*



Finally,

Take time to realise you **MUST NOT** feel guilty for spending time on **YOU**. Everyone needs time to themselves and it will only make you a better person. Indulge in some self-loving and **ENJOY** it- *you deserve it babe!*





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Far  
Niente*

*Don't put off your happy life- take some  
time to yourself and just LIVE!*

*'The Sweetness of Doing Nothing'*

**DON'T**  

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**PUT OFF**  
**YOUR** ↘  
↓ **HAPPY**  
**LIFE**

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