

Everyone Needs to Make Some Time for ME

How To Look After Number One
Brought to You by [Journey to Joy](#)



Inspiration for This Guide: This guide was inspired by the “[Journey to Joy](#),” a hands-on guide complete with the tools to living a fulfilled life with action steps and exercises to guide you along the way. I invite you to get started on your journey to a joyful and fulfilled life at and find the happier you. [Click here](#) to learn more.

Everyone Needs to Make Some Time for ME

“Me time” is the time that you set aside to focus on your own needs, wants or desires. It is the time that you spend working on a project, craft or hobby that is just about you.

It is hard enough finding time just to stop and catch your breath these days. There is always one more event that needs to be attended or one more project that needs to be completed. Between home, work and family, most moms have used up all their daylight hours and then some.

Finding “me time” seems like an impossible task in the midst of this hectic life. Even though it is a challenge, it is still important to create some time for self during the hectic life that surrounds you. “Me time” is simply the days, hours or minutes you manage to create in your life where you can focus on your needs, your health or your interests and only you.

The places where you can find quality “me time” are only limited by your interests and imagination. It can be found in the bathtub, in the gym or where ever you can or want to find your refuge.

Brought To You By [Journey to Joy](#)

There is some truth in the old saying “if momma ain’t happy then ain’t nobody happy.” When you are stressed out, worn down and worn out you are likely to drag your family down with you. Taking some time to recharge (whether it is a day or an hour) will help you keep your own mind in balance and the home along with it.

The great thing about “me time” is that it is your time. You get to do what you want to do and not worry about the to-do lists, chores, or homework.

- * Take a walk
- * Join a club
- * Work in the garden
- * Read a book
- * Check into a hotel for the night
- * Go out to dinner with a girlfriend
- * Take a class or course
- * Go for a long drive

There are no real limits to what constitutes your own “me time.” It can be something different from week to week or the same thing every time. It can be five minutes, five hours or five days. You can take your “me time” in your bedroom, in another city or just somewhere where no one would think to bother you (many hide out in the bathroom). It is all about YOU so you get to decide the what, the when and the how.

The Importance of Me Time

It is important for moms to get away from the hectic home life now and again. It will help you recharge and refocus so that you can be a better mom. It will help your children learn to do things without you around. One of the biggest benefits to taking time off to recharge is that often your husband will begin to appreciate more all that you contribute to the home.

Taking some me time can increase your health – even if your time isn't spent at the gym. There are plenty of activities that will benefit the health of your mind and the health of your body, especially if you are doing it simply because it is something that you enjoy.

It can lower your stress level which will help your health in a number of ways.

Having a little “me time” can help your skills, particularly if you spend the time taking a class or a course.

Taking time to go for a walk, a run, or a swim at the local pool will increase your cardiovascular abilities (and likely decrease your weight).

Joining a dance class is a great way to limber up your body while increasing your stamina.

Brought To You By [Journey to Joy](#)

Reading will release your imagination, increase your thinking skills and expand your mind.

Releasing your mind – no matter where you are spending your “me time” – will help you to be better focused when you get back to your reality.

Health benefits are not the only reasons that you need to consider taking some time off. Having a little alone time during the day (or taking a short trip alone or with some other moms) will help your children become more independent.

Your children will miraculously learn to find their own shoes (or backpacks or books or whatever it is they are always losing). They will learn to keep up with events and activities that are important to them. Every little bit that they learn to do on their own is just one less stress that will be added back to you when you come home.

By having your “me time” you will allow you and your family to remember that your feelings and health are important to. You will be able to take care of you for a change instead of putting everyone else’s needs, wants and desires before you. It will give you a chance to wind down before charging back up.

“Me time” is a valuable tool for your health and well being. It is also important to the health and well being of your family and your home.

What Are You Doing with Your Time Now

Before you can convince yourself (and maybe those around you) that you actually need some “me time” you will probably have to see your schedule in full color. It is not a difficult task and will likely be very enlightening (for you and for others). All it takes is a little thought, a pencil and a piece of paper for making a list – and you may have to set aside a little bit of time for the process.

- * Write out all the tasks that you perform in one day. Include everything from getting dressed to cleaning house to running errands.
- * Include things like sleeping and eating – even though you don’t really think of them as tasks.
- * Estimate the amount of time that you spend on each task (preferably to the hour or half hour).
- * Make a list of categories that these tasks fall into (bathing, getting dressed and brushing teeth could all be under the single category of grooming).
- * Separate out the tasks that are specifically for others and the tasks that include you as well (meals would be everyone and taking your son to practice would be just for someone else).

Brought To You By [Journey to Joy](#)

Next you will need to get a set of colored pencils (with enough different colors to represent all the categories you have). On a plain white piece of paper draw a large circle. Divide the circle equally into 24 pie pieces. Then you get to have some fun.

With a different colored pencil for each of the categories (keeping the “me” categories in one color family), fill in the hours that you spend doing the different tasks on your plate. When you have finished filling in your pie pieces then you will have a colored representation of how you spend your time.

Evaluate how you are currently spending your time. You might be shocked to discover that you are only getting a limited amount of sleep each day or that you are spending no time really keeping up your appearance. It may be equally surprising to your family to see how much time is spent on them and on the house.

It is an eye opening experience for everyone to break their daily routine into a pie chart. It can be especially awakening to moms who are reluctant to set aside some “me time.” Seeing how much time you are spending on things, activities and others may be the perfect motivation to get heading in the direction that you finally need to be heading.

How Should You Spend Your Time

When you look at your daily routine through a pie chart, you are likely to discover that you need to make time for you. The question then becomes what would you like to do during your time. It may take another list to help you discover the inner needs, wants and desires that you have for your life.

1. Let your imagination run free. Don't think about financial constraints, time limits or what you would do with the kids while you pursue your interests. Just spend a little time thinking about your past, present and future.

2. Make a list of all the things you have ever wanted to do in your life. Include everything – from being in the Olympics to writing a best selling novel. If you have thought it or dreamed it or imagined it then include it in your list.

3. Once you have a list of at least a dozen or more thoughts and ideas, begin to look at each of them with a more literal eye.
 - a. Is this something that you can still do (because of your age or location or other limits)?
 - b. Is this something that you still WANT to do?
 - c. Is this something that you are doing today but would enjoy doing more of in the future?

4. Number your ideas from most important to least important.
5. Use the internet or the phone book to research groups, classes or courses that focus on your interest.
6. Check the community college or other learning environments to see if they offer continuing education in the area of interest.
7. Determine the amount of time, energy and money you will need to pursue the different interests.
8. Pick the one that is most interesting and most available to you at this time.

It may seem unusual to some people to have to sit and figure out what it is that you want to do. When you spend all of your time and energy focusing on things or people other than you, it may take a little prompting to get refocused on you again. Making a list of interests and then breaking them down is a great way to re-learn all about what makes you – you.

Now that you know what you want to do the next step to discovering your “me time” is to find some time in your already crowded day.

Finding the Time You Need

You made the pie chart so you already know that your day is completely packed with chores, activities and errands. It may seem like an impossible task to carve out a little time for yourself. Forget the idea of taking a regular class or course and don't even dream about going away for the evening (much less the week end).

There is hope. By trimming a few minutes from different tasks you will be able to chisel out some "me time" in no time. Learning to delegate and organize will help release you for even longer periods of time. It may take some time to get to the point where you are completely relaxed in your "me time," but you will get there.

Start with a schedule. The idea is to get certain tasks on certain days so you know what your day will be like as far as planned chores.

- * Mondays – mop
- * Tuesdays – wash sheets
- * Wednesday – clean the bathrooms
- * Thursday – wash the clothes
- * Friday – tackle one big project

De-clutter your home and you will help de-clutter your schedule. When everything has a home and everything is in its home then you will find you don't waste as much time searching for missing items.

- * Purchase storage containers for extra blankets and pillows (to help clean out your closet).
- * Get rid of broken or unused toys.
- * Pass on clothes that are too small.
- * Make space so that you can make time.

Delegate some tasks to other family members. It is important that your children learn responsibility and they will do that when they begin doing certain tasks on a regular basis. As soon as they can make their own bed they should be responsible for that task.

Save lots of time by preplanning your meals (or even doing a form of once a month cooking). It is amazing how much of your time is stolen by the process of cooking, eating and cleaning each meal of the day. Using a crock pot, using the once a month cooking or other quick fix ideas are great ways to save a lot of time on a task that must be completed.

Get up an hour earlier than you normally would (or go to bed an hour later). Be sure that you are still getting enough sleep if you choose this method of finding time. The idea is to have the peace and quiet of a house where

everyone is asleep. The idea is NOT to deprive you of the rest that is necessary for your health and wellbeing.

Use short cuts when you can. Crock pot liners, aluminum foil and even wax paper can all be used to make clean up from meals a breeze. Washing out the tub after your shower is a quick way to clean without having to do a lot of scrubbing. Creative shortcuts can cut the time you spend on a task and the effort that you have to use doing that task.

Set aside a certain (and limited) time to do the regular chores and tasks. You can keep your home in great shape if the whole family spends about 30 minutes to an hour doing the regular tasks and chores.

- * Sweep
- * Wash dishes
- * Pick up floors
- * Clear off shelves and table tops

By finding just a little time here and there you can set aside some “me time” every day of the week. Creating an orderly home and delegating tasks will help you create that long term “me time” that is needed to take that course or attend that conference.

What NOT to do with Your “Me Time”

When you create extra time in your day, it is not uncommon to want to do something practical with that time. You don't want to waste time on frivolous

activities when there is something constructive that you can be doing. Keep in mind that the “me time” is constructive and let the rest of the tasks slip away.

You should not use this special time to balance your check book – even if you DO enjoy numbers. The “me time” should be about something that doesn’t have to do with the home or the family. It is a time to increase your interests or hobbies.

You should not use the time you have created to organize your closet. Although this can be therapeutic for many people, it is not the best “me time” that you can find. Keep the focus on recharging and re-energizing your mind and body.

You should not do activities that will wear you down. Going to the gym for an hour may be invigorating. Running a marathon will leave you physically (and often emotionally) spent. The purpose of “me time” is to life you up.

You should not use your “me time” to go to the doctor or to attend other meetings. I don’t know anyone that is of a right mind that ENJOYS a trip to the doctor. When you need to schedule an appointment then you should make it a time other than your alone time.

You should not use your precious (hard fought for) time to do something that you dread. If you hate working out then leave that for another day or time. If

Brought To You By [Journey to Joy](#)

you can't stand lectures then don't go to one. To fully reap the benefits of "me time" it has to be an activity that you truly enjoy.

Treat the time that you cut out of your day like you would any treasure. Guard the use of that time with all that you have. Use the "me time" for activities that will lift you up and recharge your mind and save the other activities for times that are less valuable.

"Me Time" is Important

It may not be easy for busy moms to find time in the day, but it is possible. Finding the opportunities are important to the health of mom and to the happiness of the home. The attitude of the mom will reflect on and be repeated by the others in the home. As the mom, it is important that you take some "me time."

Taking a little time each day, or even a weekend now and then, is a great way to keep you focused on the important things. It is easy to get tangled up in the activities and events of the family and the home and to forget all about self.

A little "me time" can go a long way with helping you regain the balance in your life. It is also a great tool for releasing stress. The many factors that a little alone time can improve makes it worth all the time and effort.

Brought To You By [Journey to Joy](#)

You may have to take a little “me time” to discover what you want to do with your time in the future. Once you know the things you are interested in pursuing, you will have to discover the time where there seems to be no time.

By planning ahead, making a schedule and delegating tasks, you will be able to carve out some “me time” to get you back on track for your own life.

“Me time” is important to your health and wellbeing. Your health and wellbeing is important to your family and to the running of the home. Keep it all running smooth by taking some time for you every now and then. Keep momma happy so that everyone else can be happy too.

Need More Help in Getting Me Time & Finding Balance in Your Life

If you are ready to continue on the “Journey To Joy” with me, I would love to share other ways to enrich your life with you.

Visit [the Journey to Joy website](#) for your instant access Journey To Joy guide, audios and tools today. You AND your family will thank you for it.