



Self-care is giving the
world the best of you,
instead of what's left of
you.

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SO ... at the weekend, what is your priority? You've look forward to these two days, right? What are your **expectations**, and do they match the reality?

You need to *enjoy your down time* and put some actual quality time aside for you. We call it our guilty pleasure !!! Why guilty? It is December and there is plenty to occupy our minds ... give yourself the **permission for the pleasure** without the guilt.

Have the **bath**, read the **book**, drink the **wine**, **reminisce** through the drawer, go for the **walk**, phone the **friend**, put the work bag away in the car, **read** the magazine, **watch the box set**, put up even more decorations!!! Whatever you choose, *enjoy it!* It will give others the **best of you**.