

## Self-Care

I care for myself and feel at peace.

Being there for others is an important part of my life. But, how often do I take time to care for myself? In the busyness of life, the person I may be neglecting is me.

In my heart I know the importance of caring for my Self. I feel called to take time to rest and find my center.

I choose to pause, relax, and breathe deeply. Time alone restores my sense of balance and wellbeing for my body, mind and Spirit. I let go of doing for others to create time and space for peace in my mind. In these precious moments, I feel renewed and empowered.

My body and mind are vehicles to express Spirit in the world. Thus, I make self-care a top priority. I commit to resting, relaxing, and taking time alone to care for myself.