



3.flowers

“When you have only two pennies left in the world, buy a loaf of bread with one, and a lily with the other.” - Chinese Proverb

Are you feeling low because nobody buys you flowers? You have the impression that nobody cares for you, your spouse/partner/date is inconsiderate and you should get better treatment?

Go get some yourself. Really. When they die, get more. When you have something to celebrate, buy yourself a bouquet. Why not?

It might seem kind of silly and selfish at first. Well, so what. Do it anyway. Notice how flowers brighten the room and lend an air of romance and festivity.

Keep doing that until it becomes a natural part of your day, of your shopping list.

I guarantee that you will add joy to your life and feel more abundant and deserving. Pretty soon you’ll be doing all kinds of nice things for yourself that were in the realm of ‘someone else’s job’ and you’ll love yourself for it.

