



6.pamper yourself

“The name of the game is taking care of yourself, because you’re going to live long enough to wish you had.” - Grace Mirabella

It can be very challenging to open yourself up to the concept and application of pampering yourself. This only became an integral part of my life after my cabin-dwelling years. No matter how spiritually uplifted I thought I was, nothing in the world was better than a hot bath. I moved to a tiny, crooked house with a bathtub, in which I spent about an hour a day. Having a long, hot bath is still my favourite expression of self-pampering; only I’ve upped the ante with decadent bath products and scented candles in a nice house.

It’s that simple. Pick something that makes you feel special, relaxed, pampered and make it part of your routine. Do your nails, style your hair, get some essential oils to burn.

Self-care raises self-esteem, which in turn increases self-confidence. See how important it is to becoming yourself?

Don’t forget the old adage: treat yourself as you would like to be treated.