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You are not selfish enough – How to find more ‘me-time’



We are tired, overworked and lacking in fulfilment of our basic dreams all because we are running after someone else's needs and schedule. It is important for us to make ourselves one of our own top priorities – and realize that we deserve some happiness and fulfilment.

How to be a bit more selfish:

Schedule some ‘me time’

“I don't have time to relax and enjoy life,” is something I hear all too often.

Of course you don't. You have prioritised work, scheduled in an extra-curricular for the kids every evening of the week and pencilled in that relative-you-kind-of-know braai-thing on Sunday even though you don't even like them.

Your diary does not have space for you because your hand has not pencilled you in. So go back and prioritise yourself, and you will be amazed how you can still fit in a lot of the other stuff around you rather than you around it.

As for the stuff you cannot fit in, ask yourself how important it is in the first place.

Do one thing you love

What one thing do you really love outside of family, work and marriage?

Take that one thing and do it at least once a week so that your passion can grow and fulfil you. While living life and doing all those scheduled tasks, we can lose pieces of ourselves along the way that brought us great joy.

Connect to those things again and allow that joy energy to revitalise you - giving you more energy to face those other areas of your life that drain you.

Say NO

There is no harm in telling someone no in a polite manner. We are not superwoman/man as television would have you believe.

We have limited time and energy so be careful what you say 'yes' to. Too many times we say yes to helping someone out, or attending an occasion when we know that our schedule is already full. We know that it will put pressure on other areas of our lives, but we don't prioritise our needs enough.

Saying 'no' will help free up some time and energy to redirect towards the things that really matter in your life.



Inform your loved ones about your new 'selfish' philosophy

You might be worried about how being more 'selfish' will affect the people that you love.

To help them understand, bring them in on your new philosophy. Have them schedule in time for themselves as well: music time for your son in his room, or perhaps your daughter wants time in the evening to do artwork.

Suddenly your me-time can be synched and planned in with everyone else's too. No one is left behind because you are all using that specific time for yourselves. In this way you can teach your family that not only are they important to each other, but they should also value and schedule in themselves too.