

Rachel Bolton
Live Life On Purpose

What to Do
with Your Me-Time

Take Some Me-Time

The case for taking some me-time regularly has been well made. I'm not going to tell you that you should do it. That would be counter-intuitive given our upcoming Stop Shoulding Yourself program 😊.

What I am going to ask you is...do you want to do it? Do you crave more me-time in your life? If you do, this guide will give you some ideas of what to do when you choose to get started.

What to Do With Your Me-Time

Taking some me-time regularly is important. Often women say to me 'but what will I do with that time, I have no idea!' Here you'll find some of my favorite ways to spend me time. They're broken down into things you can do when you have a short amount of time (15 minutes – 1 hour), a moderate amount of time (1-3 hours) and a long time (1+ days).

For your best sense of joy and good mental health, take some short me-time once a day. Take a moderate amount of me time once a week. And take a long amount of time every 2-3 months.

Short

Simple suggestions for an everyday break. Aim for 15 minutes – 1 hour.

Read a good book. Not a self-help book or something for professional development.

Something purely fictional that you thoroughly enjoy. The kind of book that takes you away, makes you love the characters, and feel a sense of loss when you reach the end of the last page.

Take a bath. A good hot bath with bubbles or Dead Sea salts. Light a few candles.

Pour yourself a glass of wine. Turn on some music you enjoy. Lock the door and relax.

If you're using Dead Sea salts or trying out one of those Epsom salt and baking soda detox baths, you need to soak at least 20 minutes to reap the benefits.

Go for a walk. Put on some comfortable shoes and walk around your neighborhood.

This isn't about getting in the 10,000 steps to reach your Fit Bit goal. It's about enjoying the beauty of your neighborhood and your own company. Walk at a comfortable pace.

Go where your interest leads, letting go of a specific path or destination.

Dance party. Put on your favorite tunes and dance it out. Whether you're in your

bedroom, living room or in the back yard, let loose and dance. This is truly one of those 'dance like no one is watching' opportunities to simply feel and enjoy the way your body moves.

Moderate

Once a week, give yourself a longer time to indulge.

Go and see a movie. The kind of movie you absolutely love. Just for you. Not because your husband likes it or the kids will enjoy it. The kind of movie you love. For me, it's a good independent foreign film at my local indie theatre.

Shopping. This doesn't have to be an expensive venture. When in the right mood, I love combing through all of the aisles of a good thrift shop looking for hidden treasures. I can spend an hour (or more) hunting and walk out excited about my purchases for less than \$50.

Hiking. I'm lucky to live in a part of the world where there are hundreds of kilometers of gorgeous trails within less than an hour's drive. Hopefully you've got access to a great trail too. Take yourself out for a hike. Really enjoy the smell of the fresh air, the beautiful sights nature will reveal.

Cooking. This one won't be a great suggestion for some, but others will absolutely love it. If you love to cook, when's the last time you prepared something for yourself? The kind of thing that you absolutely love, even if your family doesn't. Create some time and space to cook a meal that's just for you. Set a nice table. Light a candle or two, then tuck in and enjoy.

Long

Every 2-3 months, enjoy some extended time that's just for you.

Spa day. This one is a luxurious treat. Book yourself a day-long get-away at a spa. It doesn't have to be a day full of intense treatments. Go to a spa that also has a therapeutic water circuit or salt cave.

Got to the beach. Going to the beach on your own is like therapy. Lie in the sand, read a good book, go for a walk, go for a swim, watch the waves and the wildlife. When it gets hot in the afternoon, get yourself an ice cream cone. Be like a kid again. Your inner child will thank you for it.

Check out a museum. I lived in Seattle for 4 months between high school and college. While I was there, one day every week I would check out a local museum. I learned new things, discovered art I hadn't been exposed to before (whether or not I liked it was another story) and probably know more about the history of the area than most local residents. It fed my creative soul and it can feed yours too.

Weekend getaway. Fair warning, whenever I do this people around me start wondering if I'm OK. They can't imagine that someone might go away by themselves for a whole weekend. But do it! Find yourself a little cottage, leave on Friday after work and come back Sunday evening. Spend a whole weekend nourishing your body and soul.

Whatever You Do, It's Right for You

Remember that this isn't about 'shoulding' yourself into me-time. Do what feels right for you. Do what brings you joy. Do what you want.

A Bit About Rachel Bolton



Rachel Bolton believes that living your best life is about living YOUR best life. Not the life of what you **should** do, but the life that will answer that feeling of "*there's got to be more to life than this!*" A life that is full of rich experience, feeling passionate about what you're investing your time and energy into. Living your life on purpose.

As a life design coach, she supports you through the process of HOW to create a vision of what that life on purpose looks like and a simple, practical and effective plan for bringing that vision into reality.

If you are like most women, you've spent a lot of your life doing what you **should** to build a happy and successful life. But when you got to the end of that list, instead of knowing you'll be happy to the end of your days, you find yourself thinking "is this all there is?"

I work differently than what you're used to. I'm not another life coach telling you that the key to happiness is to find your purpose, to find your true self. Because after years of trying to figure it out for myself, I realized that it's not about finding your purpose, **it's about living life on purpose.**

That means connecting with what brings you joy both in the present moment and as you work towards your future. It means crafting a plan for consciously choosing the life you want to live. A life filled with rich experience, passion for what you're doing every day, and the energy to make it happen. No one size fits all here, because that's not the truth of what life is really like.

Ready to live life on purpose?

We're going to get started with the Stop Shoulding Yourself webinar. I look forward to seeing you on the call.