

5 Reasons for Self-Care



It's your responsibility

Take responsibility for your needs. By doing so we showing our children that we are worthy, just as their needs are worthy.

Everyone is happy when mama is happy

Don't be remembered as sad or angry. A little bit of self-love re-charges our batteries, gives us a fresh perspective and increases the smiles.

You don't have time to get sick

Taking care of your health is a non-negotiable. You can't take care of your family if your health is failing.

The positive flow of life flows toward you

Good things come to you as you stay open and go towards good things. Stay open to new experiences that you like that feel good and support you.

Celebrate the amazing job you're doing

Every little act is making a big difference in your family. Celebrate the smiles, the happy memories - reward yourself by taking a break.