

PERMISSION TO DO WHAT YOU WANT

We all have responsibilities and we all have priorities, but perhaps it's time to RE-prioritize.



Sometimes, doing everything but what you need to do is exactly what you should do. Doing what you want helps to clear your mind and get the creative juices flowing.

Doing what we need to do is a part of life. But doing what we want to do is a part of loving life.

When you feel fed up, stuck, ready to burst. Stop. Stop doing whatever you're doing that makes you feel like you're on auto-pilot. For now.

Ask yourself → 'What is it that I'd love to do RIGHT now?' (*Be realistic*).

Take 20 minutes to do it; 10 if that seems like a stretch.

Adding more of what you want to do is actually what you need in order to maintain some kind of balance and sanity! You will become refocused and refreshed for those daily responsibilities that you simply have to get done. Go enjoy yourself!

Melissa Kleehammer, Owner, Beyond Center for Yoga, 2018