

## Handout 15: What I will do for My Time

Everyone deserves time for themselves. Moms have numerous competing demands on their time. They seem not to have enough time in a day for 'me time'.

Take a few minutes and think of ways you could incorporate some time for yourself during the day. It could be a 5 minute activity or a couple of hours; time for yourself might vary from day to day too. Write down your ideas and how you can make even 1 activity happen for you.

[illegible]