



## *Micro Vacation Day!*

Deep sigh of relief. Catch up day, I thought today would be a good day for a vacation/holiday.

**BUT** there is still a task to do.....

You need to go on a *mirco vacation*.

Your job is to find some way to completely and utterly treat yourself. Give yourself a high five for getting through every day of your life so far - whether the days have been good or bad. The bottom line is you are still here!

So, is there a book you wanted to buy?

A film you wanted to see?

A place you wanted to eat?

A 20 minute bubble bath?

A massage?

A long overdue phone call or visit with a friend?

A new dress?

A manicure?

Cancel a meeting and go home early?

Research your next trip?

Look through old photos?

What *micro-vacation* can you take today that will be a total investment in pure joy for you?

How can you treat yourself just **BECAUSE** today?

Let me know what you decide to do!

Tell us in the FB group!!