

## Looking after number one: indulge in some 'me time' in 2008

With every year that rolls by, countless people promise to live a healthier, fuller or more adventurous life. From giving up cigarettes and chocolate, to travelling the world and learning a new language; a New Year brings a new hope for many people, as they strive to fulfil that long-held ambition. And for some, 2008 just might be the year where they wipe the slate clean and realise their dream.

But for many others, the obstacles that impede their goals will ultimately prove insurmountable, be it family commitments, financial obligations or simply a lack of motivation. Indeed, many of those new-year 'personal promises' are easy to make, but even easier to break. This needn't be the case, however, and there are a few key points to remember when trying to turn over a new leaf.

First of all, don't try and achieve everything at once. Going cold turkey on the chocolate whilst also trying to quit smoking is almost certain to end in failure. Prioritise those goals and only concentrate on one target at a time. It may also be helpful to find a friend who has similar plans, as they can act as a source of encouragement when motivation levels are at their lowest.

And perhaps most importantly, no matter how many family or work commitments there may be, it's essential that some good quality 'me' time is found. Getting that work/life balance is crucial to help maintain a healthy body and healthy mind.

Of course other people matter, and being considerate to children, parents, friends and work colleagues is important to everyone, but many people forget it's equally important to be good to themselves.

It might not be possible to go on that dream Caribbean cruise or to travel to South America to learn the lingo; but there are always compromises and it doesn't have to be all or nothing. Take a [luxury hotel break](#), enjoy a massage, sip cocktails in a hot-tub and forget about the stresses and pressures of everyday life. A little time out for personal enjoyment can work wonders for mental and physical wellbeing and can go a long way to improving motivation in all areas of life.

So, it's okay to be selfish now and again. Everyone deserves to feel good about themselves and every so often have an escape route from the daily grind, without feeling guilty about neglecting any other commitments they may have. So go on, indulge a little, and enjoy life's little luxuries.

### About the Author

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