

The Bliss of Selfishness

Do away with the negative stereotype - there is a time and place for selflessness

GIVE YOURSELF PERMISSION to be selfish and make the selfish choices for you and your family

The mental game is the biggest factor ~ most people understand (if they don't that's their problem), our biggest critic is ourselves.

We are working on a mental shift to do away with the guilt associated with making 'selfish' choices

We are all learning how much better we feel with these changes we are making, and that takes time and focus and deliberate planning

To achieve this and keep some sanity you have to be a little bit selfish to take that time for YOU so you can be a better version of you for your family

1. Stop the comparisons - focus on you and only you, social media identities are rarely as they appear. Focusing on yourself and your accomplishments allow you to feel the pride that you should!

There is a time and a place for selfishness

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2. Say no! do not over commit - whether you're putting yourself or your family first allow yourself to say no to things and know that is okay! It will inconvenience others at times but why is their inconvenience worth more than yours?

Notice those times when you're sacrificing what you want to do for the "benefit" of others, is it really as beneficial as you think?

Taking your own time and practicing selfishness and allowing yourself to do what you want to take care of your soul and your mental health will be the most beneficial in the long run.

Selfishness is not a bad thing - if you don't take care of you who will? Only you know what and how you feel and only you can listen to yourself in that way.

The world will not end if you say no or decide to do something for yourself - it will go on! Things will be okay if you take time for yourself!

3. Take risks and live fearlessly!

Live free of the fear of others judgements, of other people thinking you're selfish, it's not a bad thing to take care of yourself, and those who truly matter know your heart and will never think of you as a bad person.

Doing what makes your soul happy will have such a positive effect on your mindset, which will in turn impact on your motivation and your behaviour.

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