

**✘ It is important. To be with you first.** To listen. To reflect. Sometimes to follow a whim without a plan, purpose, or goal. Sometimes to do what you didn't expect. Sometimes to do just what you want and need to do. Letting life happen and being with it. Just being.

**After my daughter joined us in this world, I realized how much of this I used to do.** I would go into cafes, restaurants, movies, art exhibitions, museums by myself. Or I would walk. Or I would go explore pretty shiny things in stores. Or I would just sit on my couch, doing nothing. In that nothingness everything would be whole.

**Then I realized that 'not having time for me' is an excuse.** It is a comfortable one too. One that you would feel good thinking you are doing something great for others. Except when you take on more than you can chew and then go cuckoo, it serves no one.

**This year is my shameless self-love, self-healing, self-listening year.** Pretty much like every year from now on. So I now schedule these Me Day Holidays. Days, mornings, or afternoons where I don't have anything to do, anyone to watch over, any plans, obligations, to-do's. I am not allowed to touch the dishes on these days or to straighten the house. I am allowed to take loooong showers, create and dance to my own playlists ([like this one](#)), walk and window-shop, or simply sit in a cafe browsing, writing, sipping tea, watching life and the beauty of it unfold.

**I do these every 2-3 weeks or when I hear the warning bells in my body.** Tension is my messenger. Time to go solo Damla, take that self-bliss-love-date now.

On the days that I may not be able to get out of the house, I take 20 minutes and meditate with my crystals in **my yoga room**. Or do a self-manicure. Or sit with my mala beads after my daughter sleeps. Alone with my dreams and thoughts. I need that.

**When was the last time you went on a date by yourself?** Taking delight in simply being you, letting your responsibilities rest while you open up new spaces for light to pour in. Let's pencil one in, shall we?

With love and light,

Damla