

A Life You Love™
An Ezine for Today's Busy Woman
Stop Running and Start Living!™

Practicing Self Care Part 5

Just about you

What makes you feel special? Sometimes this is a hard question to answer. We have let ourselves go so long without feeling special, that we forget how it feels. For me I can name ten things that make me feel really special, but a year ago, it would not have recognized some of them even if they hit me in the face. For example, I love flowers, especially roses. I wallpapered my whole large living room with roses. I had two chairs in that same room upholstered in rose print fabric. I was looking at a rose print wallpaper for the kitchen. I have 13 rosebushes in my front and back yards. The point is I did not realize that I loved roses! Yet I had surrounded myself with them.

I love the color combinations of pink and green, or purple, white and green, with a touch of peach. I did not realize this either until I finally got the right combination of plants in my yard at the right time of year so they were all in their glory at the same time. It only took me seven years, and many dead plants to figure it out. What finally happened is that I walked into my favorite nursery in spring and they had a display of blooms pulled together in their pots that lit up my heart. I finally have plants in my yard that I love. Guess what, they manage to live, as well. I take care of what I love.

Do you want an easier way to find out what makes you feel special? Well, think back to times when you felt special. What time of year was it? Who were you with? What were the smells and tastes present? Was there a certain song or type of music playing? What can you capture from those moments and bring into your life today? What can you do for yourself, and what do you need to request others to provide for you? There maybe much that you can do to bring special into everyday.

You already know I love the beach, but there is not much beach in my everyday life, or is there? I put elements of the beach in my logo. All the pictures on my website were taken on my honeymoon. It was a trip up the California coast, Bodega Bay, Eureka, Fern Dale, Mendocino, and Crescent City, were the destinations and where all those pictures were taken. I love the uncrowded coast, not always with sunlight. I could go further and have a water feature in my office. I could have a cd with the sounds of the coast playing. I could have some seashells around. I will do that now that I thought of it.

Another idea that might help you is going for a facial. My facial does not just take care of my face and skin. With my facial, I get my eyebrows done, while I am relaxed. I also get a massage. The other wonderful thing is I get a hand facial. I can honestly say that I did not think much of the hand facial when it was first mentioned to me, but my hands were very happy for days. You have to try it! I am considering adding a reflexology session to my facial.

Romance is another thing that makes us all feel special. We all want that certain someone to gaze at us in that way they used to, to not take us for granted, to spend some quiet time with us. If you are looking over at your partner right now and they are drooling as they snore, please resist the temptation to hit them. Talk to your partner about

spending time with you. Roses, my roses are a symbol of romance. I did not realize that little tidbit until I was looking in a quilting fabric catalog. It is amazing the small ways that messages come to you. My roses that sit in vases throughout my house used to be purchased by me. Now my little men purchase them. My two youngest sons help their Daddy do the grocery shopping (train your team), and one of their biggest pleasures is picking all the roses and other flowers that are going to go into my vases. That is one of the special ways they take care of their Mommy. They want me to feel loved and special, because I make them feel that way.

I hope this gave you a few ideas. Again, acknowledgement and awareness are the first steps to finding what makes you feel special. If you are open to it, and are willing to recognize it, the clues will come in amazing places. You may find something while on a business trip. You may see a picture in a magazine that touches you in some way. You can even find clues channel surfing on the television. Now that you are aware, you will see the clues more clearly.

Warmly,
Margaret

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