

Treat Yourself!

I take really good care of something that is precious, costly or expensive and especially when it's new. I maintain it, keep it in good shape, give it extra attention and do not lose sight of it. In the same way, that's how I view myself—a highly regarded, exclusive person — and I love to give myself the best treatment. By all means you are also exceptional—a winner— and worthy, an extravagant individual. Give yourself *first* class treatment, be open to give yourself the best, and know that you are loved by at least one person. Set your standards; your worth cannot be compared with anything or anyone. You might ask, “But Cynthia, how do I select myself as premium?” There are many things you can do to gain more confidence and boost your high self-esteem. I have chosen some of my favorites for you: The Top Ten— Triple T or 3T, which will help you keep your self-esteem up.

Do something positive for yourself everyday. This could be anything from something you enjoy to a challenge you have never done before which includes other people. The result of doing ONE beneficial activity everyday will produce and enhance your *feel* good emotions.

Give yourself the best breakfast lunch, dinner, and dessert. It's important that you eat healthy and take care of your body. You have been given only one body, and that has to go a long way. Caring about yourself is to respect, love, and to take care of your health.

Exercise! Now this could be indoors and outdoors. If you're someone like me, you could go for walks on the beach, go to parks, go hiking, or just go for a run in the neighborhood. You can join a sports club that organizes sports games and activities, or you can hit the gym.

Sign up for self development activities, or any other course. An ongoing self-education is not only a great way to exercise your brain and gain knowledge, but it can also boost your self-confidence and self-esteem. At the same time, you are interacting with other people, psychologically and mentally, and this adds positivity to your sanity.

Spend quality time with friends and family. You heard me—Quality, not Quantity. Take the time to give your time. Allow your loved ones to experience the best of you. There is more gained when time is not rushed.

Have the mindset of always choosing the best places, items, presents, clothes, shoes, accessories, restaurants, bars,cafes, foods, holidays, books, music...you get the idea. The question is, “Why would you NOT pick the best from what is available to you?”

Get out of your comfort zone and explore what's around you. Visit places, cities and countries you have never been before, and take a companion with you if you need one.

Be open, get to know or acknowledge a person and people around you. See the best in them. Saying hello does not cost you anything, so be nice; greet someone and put a smile on their face. It's as simple as that!

Taste! Experience something that you have never tried before.

Be open to try various cultural dishes but also make sure to eat more organic foods over processed foods. The more natural colors on your plate, the more appealing it is to the eyes and the healthier it is for you. Eating healthy and the right type of food will boost your vitality and energy. Your body, skin and hair will glow and you will feel great inside. And when you feel healthy you tend to be more productive and make better decisions. Oh, and don't forget to drink plenty of Water!

Think big, and do not limit yourself or sell yourself too short.

Life has more to offer you—more than you can possibly think, ask or imagine. Challenge yourself, and be creative in every possible way in all areas of your life.

*To live a prosperous life,
spend more time on yourself.
Use your gifts and talents,
and turn your focus towards others*