



# Let's be friends with ourselves!

### Have a meeting with yourself

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From the book, 'Master your mind' by [Roger Seij](#) and [Robb Zbierski](#), having a **two-hour weekly meeting** with yourself can help you to reconnect with the things that mean the most to you. You can review the big-picture of your vision, dreams, and goals. Remember, this meeting is **NOT** a time for you to create your to-do list. It is a time that allows you to gain clarity on what you want to accomplish, set intentions for the week and practice visualising - getting what you want out of your days. With a lot of things going on in our lives, we can sometimes go off-track very easily. Hence, it is best for us to have 'meeting' with ourselves with no distractions, gadgets and social media. Just you and yourself. You can bring along a pen and a notebook for you to write down the necessary things. If it is rather difficult to get a 2-hour in a week for you to do this, try making it once every 2 weeks or once a month. Try to get the 2-hour for **YOURSELF**.

In the same book, the authors gave a good analogy about helping ourselves before helping others. Think of the oxygen masks which drop from the ceiling of the plane. In the announcement, the flight attendants always ask us to secure our masks first before helping others. Why do they say so? It is because it is normal human nature to like to **HELP** others. Sometimes, we go out of our way helping others but **REMEMBER**, we can't help anyone when we are dead. So, think of the 2-hour meeting as our **oxygen mask** and schedule it **NOW!** 😊



### Pinterest-ing yourself with challenges!

Those who are familiar with Pinterest would know that it has various challenges and ideas that you can use to make your life more interesting. There are many types of challenges such as good vibes challenges, happy morning challenges, self-care challenges and many others! Normally, most challenges involve 30 days as it can take anywhere from 18 to 254 days for a new behavior to become automatic. As we know, it is easier said than done. That is the reason why I am suggesting that we try attempting the challenges on Pinterest to kick-start. For example, if you are planning to become a minimalist and don't know where to begin, try the 30-day minimalism challenge. You would be able to learn about minimalism as you take-up the challenge and indirectly it helps in creating a new behaviour - towards becoming a minimalist! As days go by, it is satisfying to tick the list upon completion of the challenges.

### References

[Seij, R.](#) & [Zbierski, R.](#) (2018). *Master Your Mind: Counterintuitive Strategies to Refocus and Re-energize Your Runaway Brain*. John Wiley & Sons, Inc., Hoboken, New Jersey.