11. Self-care is key…

Personally I Think that this is going to be the most challenging but I’ll surely overcome with time and effort. Sometimes when I get too busy with tasks I forget how important taking care of myself is. And I know it is going to be harder now with my full time job and school, because even though school is part-time I want to dedicate many hours of my time to succeed and this is where I know I’m going to lack of self-care but I am a really confident person and I work really hard for what I want in life and one of them is to always stay healthy physically and mentally. I am going to accomplish this by, first of all, sleeping well, getting organized with my sleeping schedule. Second, I already eat really healthy but there are times where I don’t have time to cook so the fastest way is fast food, therefore I’m going to start meal prepping. Third, do some kind of physical and mental yoga so my mind can be freer and my body more relaxed. Those are the most important ways that I think I will need to start fresh every day and be concentrated and energized during class hours and outside of class.