**COMPANY**

**By : Nadine Mohammed Hammam**

What comes to your mind when you hear someone saying "I'm going out by myself"? A lot of people start questioning "why?" "Don't you have friends to hang out with?" "Why don't you have company?” etc. The thing here is that you might just want to hang out with yourself to have some "me-time". It’s ok! We NEED to normalize enjoying our own company. You don't need to depend on people whether they're friends or family to be able to enjoy your time.

Why do we need to learn how to enjoy our own company? First, it'll allow us to connect with ourselves (thoughts, emotions, values, boundaries, standards, etc.). When you master enjoying your own company, you will be at peace with everything. You are going to be mentally and emotionally independent, and you will avoid a lot of drama and overthinking! You are going to find it easy to cut off toxic people in your life that you were too afraid to do so because you will not find any company! It will allow you to know yourself more, and to have the right company in life. So, it is growth! You need to spend time with yourself at least occasionally.

I'm not saying that you should isolate yourself or anything what I'm saying is that you NEED time for yourself to give yourself some space to fly freely. We all need to learn how to enjoy our own company and we need to start normalizing it!

"The most important relationship in your life is the relationship you have with yourself. Because no matter what happens, you will always be with yourself, so you might as well enjoy the company."

* Diane Von Furstenberg.

So, your challenge here is to start by having a day to yourself. List the things that you would love to do and start learning.

*-Nadine Mohammad Hammam*