# Give yourself a gift-you deserve it.

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#### Be present to your own needs:

Why is it when our vacation is about to come to an end, we always feel we need at least one more day?  After recently spending a week in Chincoteague, VA, for the pony penning events, I realized on our last day just before breakfast that I took absolutely no time to be by myself to refresh, contemplate or "smell the roses".  On this day, I jumped out of bed, got dressed and was determined to do what I wanted to do-There was no reason I couldn't have done what I wanted to do for me- I just didn't think about myself at all all week. I am so busy being present to others' needs, I tend to neglect my own needs.  As an extrovert, I feel very comfortable being on the go constantly engaging with others.  There is also the tendency to lose myself, my identity, my sense of peace. I tied my sneakers with a new sense of excitement. I was going to find a place to find myself; and all this on an empty stomach.