

Title:

How Can I Find Time For Myself During My Busy Day?

Word Count:

341

Summary:

Life is hectic. Face it. It seems like, if we're not actively doing something, then we're on o

Yet at the same time you know that you will be a much better spouse, mother, friend and employ

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Keywords:

Article Body:

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Delegate

We are all limited to 24 hours in any given day. Since you can't get extra time, you need to f

Tackle One Thing At A Time

Multitasking is great, but sometimes you waste a lot of time trying to get 5 things done at th

Schedule ^Me~ Time First

Make yourself a priority. There are always going to be at least 25 other things that you could

Now that you have carved out some time for yourself, put it to good use. Take a hot bath, read

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