



# **Sabbatical from "YES": Reconnect with Your Inner Wisdom, Energy and Creative Fire through 30 Days of Putting Yourself First**

*Christi Daniels*

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Why is it so easy to put others as a priority, but so hard to show up on the list ourselves? Our outlook dims when we give away more than we receive. The light from our eyes fades, the power inside seems to short out. Imbalance, resentment and obligation become familiar feelings. You truly care about the well-being of others and want to see them happy, but when do you ever take the time to give back to yourself? Do you recognize yourself as: \* Stuck in a situation that seems hopeless for actually getting time to nurture yourself? \* Overcommitted in terms of time to your career, family, friends, organizations with no time left for you? \* Overwhelmed with responsibility as a parent or primary caregiver? \* Worried that the world might crumble around you if you stopped taking care of everyone else and took care of yourself? If you tend to be at the bottom of your priority list and are ready for a break, then you're holding the right book!

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