



HOW TO FIND  
**One More  
Hour**

**MILK + HONEY**  
WELLNESS

# Is 24 hours *enough*?

Wouldn't it be nice if we could just snap our fingers and BAM - just like that - more hours in the day would magically appear? How many times have I gone to bed and wished I had just one more hour to get this or that last important thing done? Look, I get the days where you feel like your life is a neverending race to get things done, rush off to the next activity for your boss, your friends, your partner and your kids. Life can feel like pure madness.

But what if it were possible to put just one more hour into your day? And if you had one more hour, what would you do with it? Would you take care of you? When is that amazing woman inside of you going to stop ending up dead last on your to-do list?

The Milk + Honey Wellness lifestyle is all about is about choosing life NOW - not later when the weight is gone. It is all about living a life that feels more like drinking champagne and less like counting calories. It's about no longer saying to yourself, "I'll go do \_\_\_\_\_ after I drop 30 pounds."

Read on for ten tips to find the time to take care of *you*.

After many years, and many pounds up and down the scale from yo-yo dieting, I discovered the greatest secret about weight loss...and living the good life. The secret to having your ideal body is by feeding those unmet emotional needs that you are starving right now. We feed them by making good choices, having fun, and living life. And once I started to finally LIVE - like really, really live how I wanted (despite the pounds still hanging around my belly or my rounder than I'd like face), the weight actually started to fall off. But it all starts with making time for YOU. It goes beyond the bubble bath (although I'm a big fan). It's about learning to say "NO" to the things that are causing you pain, setting up clear boundaries about what you will and won't do for someone else, and making time to feel better, eat better, move better, and ultimately live better.



# TEN TIPS TO One More Hour

**1. Ask for help.** Ask your partner, BFF, mama, auntie or boss to support you in giving you an hour. All you need is an hour.

**2. Stop multitasking.** When I decide to not look at Facebook, Instagram or check my email for a five hour chunk, I get SO much work done. Most days now I accomplish a full days of work in four hours because I am single tasking and focused. I can then use the rest of the time for me.

**3. Take a REAL break.** Not a snack break, a pee break or a Facebook break, but a real fifteen minute relaxation centered break. Go for a walk without your phone. Read a chapter in your book. Close your eyes and just breath. You'll re-enter the world with more energy, instead of less and will be able to get more done in less time.

**4. Hire a babysitter.** I get it, you have no one to call, no one to trust and it just feels like too much work to find a sitter right now. Tough. All moms need at least three sitters who could swoop in and support you. Email five of your friends right now, ask them for recommendations and book one for your next night out. It's worth the money.

**5. Say NO.** I know so many women who say yes all the time - to house guests, planning a shower for a friend (or 5), volunteering, going to every co-worker's child's birthday party. When you are so busy entertaining or being entertained there is no space for you, your downtime or your growth. The invitations will always be there, people will always need a place to crash, you need to start saying no.

**6. Stop convincing yourself everyone needs you.** Yes, they do some of the time, maybe even most of the time, but not ALL of the time. And actually, allowing your friends, partner, kids or parents fend for themselves for a short period of time will give them a sense of freedom and autonomy that they will appreciate.

**7. Get out of the house** (or ask everyone else to leave). Need a night in alone? Send your family out to a movie. Need to just get away, leave the house and stay at a friend's empty apartment or go to a quiet restaurant and read a book.

**8. Hire some help:** Hire someone for just a few hours this week to do the mundane tasks like grocery shopping, housekeeping, laundry and other errands. Most only charge between \$10-\$25 an hour and YOU, my dear, are worth it!

**9. Bring a friend** (or go to them): If you've got kids, sometimes it's just easier to get together with another family and let the kids run (safely) wild. Bring her to the next REVIVIFY LIVE workshop, work out together, talk sister stuff over a glass of green tea and let the kiddos play until they exhaust themselves.

**10. It's doesn't have to be perfect:** I started saving so much time everyday when I just stopped trying to have my house, my outfit, my friend's birthday present, our dinner look perfect. I couldn't believe how much time I was wasting! Take the pressure off, let things get messy, show up empty handed, eat leftovers. Your life is not a movie and doesn't have to look like one! Believe me!

# MILK + HONEY

WELLNESS WITH ANNE