

## INTRODUCTION

Because of self-care, I can do what I do. Period. There is no other way to put it: Simple self-care has saved me in all aspects of life - mentally, emotionally, physically and spiritually. I am so excited to share with you what I have learned so far in this journey called “Life”.

We all have our own journeys, and each is unique and special because it belongs to us. Just like no two people are alike, no two journeys are alike. I firmly believe because of this, we owe it to ourselves to claim our specialness, beauty, and uniqueness because it makes us who we are. Each and every one of us is a gift, but unfortunately, often times we don't see ourselves as a gift, rather, we see ourselves as *not good enough* and perhaps, as a disappointment and less than worthy.

I have so often struggled with low self-esteem and self-confidence issues through the years, especially as a teenager and then as a twenty-something, thirty-something, and even as a forty-something. As a result, I have devalued my own worth time and time again.

The amazing thing about life is that with each passing decade, I can see my self-value growing by leaps and bounds. The trick is to pay attention to life's lessons and keep learning from our failures. The only true failure is when you don't get back up after falling flat on your face. (Been there and done that over and over and over ...)

Unfortunately, I know I am not alone in these struggles and that is part of the reason I am writing this book. Not only do I want to show you how easy is it to make your life more positive by changing just one thing, but I am hoping that through sharing my story and all its crazy challenges, you will see how important your story is. I want you to see what a beautiful gift you are.



It is time Ladies, to learn how to make your life better by simply putting yourself on the top of your to-do list. I will walk you through how to do this with simple self-care. I strongly suggest that you keep a journal, a notebook, or computer nearby to make notes of the things that resonate with you. Or, if you are like me, I highlight things in the book as I am reading it. This will be very helpful when you get to the part of the book where you start jotting down *your preferred* self-care on your way to discovering your one simple self-care key.

We are all born with our own set of circumstances - demographics, cultural, racial, sexual, financial - and what you decide to do with the circumstances of your journey is up to you. Do you become the victor or the victim? Do you use your journey to find your purpose to serve others or do you use it as a crutch and an excuse for not moving forward?

I have been alive now for just over half a century. (Boy, does that perspective make me sound old!) I have come to realize that no matter how you look at life, life can be hard and then, even harder at times. Life is full of challenges and full of brick walls to run into, go around, go under, or go over. Full of lessons and trials and tribulations. We can choose to grow or go stagnant.

Note: Pity parties are allowed for a little while, a couple of hours, half a day, or even a whole day, but then you have to get over it and figure out how to move on. Self-care can be such a great way to move forward after the pity party is over. I like to say ... *time to put your big girl panties on and get over it*. More help, of course, with that later.

As I watch family members and family friends pass away, I am reminded of my own mortality and fragility. We truly only have one chance at this thing called “life” and what we do with our life is only a decision that each and every one of us can make. As I watch my two beautiful children grow up, I am reminded of this ... that their lives are full of choices. I can arm them with lots of tools, information, love, and support, but I can *not* live their lives for them or make their choices for them, just like my Mom couldn’t live my life for me. By picking up this book and



starting to read it, you have already made a choice to take better care of yourself. Yay you!!

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*When it comes right down to it, you are the only one that will truly  
make the biggest difference in your life.*

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The media and our own culture often minimizes how important we all are and maximizes and fictionalizes “perfectionism”. There is no such thing as the “perfect” body, “perfect” hair color, skin color, age, measurements - and the list goes on. We have been given what we have by our Creator and it is up to us to make the most of what we have, regardless of the shape of our hips or boobs, or how big or small our butts are. It’s time to *own it* Ladies, and tell our inner bitches to take a hike! You deserve to be the best you can be.

There are times when I stumble and do not do the self-care things I should, and yes, I pay for those stumbles with extra aches and pains, unnecessary anxiety, increased emotional stress, and even increased irritability. To recover from this lack of self-care, I may need extra trips to my chiropractor and massage therapist, extra alone/me time, journaling, praying, or whatever will take me back to my good place. These blips of extra pain and physical, mental, spiritual, and emotional discomfort are reminders of how important it is that we take care of ourselves not only for our sake, but for the sakes of *all* those that rely on, love, and need us.

My two basic philosophies are: 1) keep it simple sweetie, and 2) do just one new thing, which I call *The Philosophy of One*. This book will explain the why’s and the what’s and the how’s of these two simple concepts so that you will be able to take yourself from the bottom of your to-do list to the TOP with simple self-care effortlessly, and easily. That, my friend, is my promise to you!

Now, I know what you may be thinking, “How can something so simple actually work?” Well, stick with me because I am going to show you how. Unfortunately, our society has led us to believe in order to be successful,



defined as losing weight, achieving your goals, feeling better, making lots of money or however you define it, we need to deprive ourselves and *fight* to attain our goal. We are led to believe that it must be hard and painful and miserable. NO! It doesn't. Self-care should provide you with joy, self-fulfillment, relaxation, relief and NOT deprivation, struggle, and denial. Self-care is about enjoying your life now and making it just a little easier to cope with what you are currently dealing with.

The book is set up in five sections. The first section is a basic introduction to self-care including the definitions of self-care and simple self-care and why I make a big distinction between the two. Section 2 gives you the down and dirty of why self-care is so very important to the quality of our health and lives. You will learn about the negative and serious effects stress can have on your health and well-being. You will also learn what is going on inside your body with each and every stress response and how this can impact your future health.

Section 3 is all about the process of finding *your* one simple self-care. I will walk you through the three steps to get you there. In section 4, we'll put all the pieces together while working through mental roadblocks you may run into. Section 5 gives you tools to help you to stay on track, and finally, section 6 sums it all up. A resource section is also included at the very end.

Ready. Set. Go.  
Happy Self-Caring,

*Rita* 😊