

"ME TIME"



I am a strong believer of having a "me time". Most times, when the stress of daily struggles and meeting up with set goals and deadlines rises, it affects our output and becomes very evident. For me, once it gets to the point where it starts to affect my productivity, I retreat immediately, find a nice, serene environment and give myself a treat. It could last for a day, 2 or at most a week but whatever the case, I always come back free and refreshed...RETREAT and RELAUNCH!!!