

# Time Tithing

This is an opportunity to be generous with yourself and gift 1/10 of your time to yourself for practice, nourishment and dreaming.

Create a practice where you have 2.5 hours devoted to yourself. It can be divided any way you choose.

Make sure your phone is off!

Start on a weekend and see what arises. See if you can build up this practice from one day to seven days.

Here are some of the things you could do during your time tithing:

- Try something new.
- Paint, draw, create a collage or some other visual art creation.
- Listen to a guided meditation.
- Start a memoir.
- Take a bath.
- Eat dark, rich chocolate and take a half an hour to do so. Do nothing else.
- Drink hot, herbal tea while sitting quietly. Feel the hot liquid fill your body.
- Wander through a museum.
- Read poetry.
- Sing in the shower.
- Create a ritual for yourself.
- Collect and create a collage of inspiring photos.

