

## 5 Minutes of ME TIME – Start Here

*If you've been feeling off, overwhelmed, or like you can't stick with anything...*

*Don't jump to an overhaul.*

*You need one small thing you'll actually repeat.*

*This is where you start.*

*Just 5 minutes.*

*5 Minutes of ME TIME (5MOMT).*

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### ***A quick note before you begin...***

Start with one.

Keep it simple.

Repeat it tomorrow.

*Reminder: Self-love and self-trust get built through the micro reps of you showing up for you.*

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### **Your 5-Minute ME TIME “Buffet”** [tracypelzertimm.com](http://tracypelzertimm.com)

Think of this as a simple reset:



**SIP (nourish your body & mind)**

**SKIP (joyful movement)**

**SHINE (reset)**

Pick one. That's it.

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### **SIP (Nourish your body & mind)**

*What you take in matters.*

Drink a glass of water

Sip something that supports your energy (tea, electrolytes, bone broth, etc.)

Step outside for fresh air

Listen to something calming or uplifting

Read a few pages of that yummy book you enjoy

Take a slow, intentional breath between sips

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### **SKIP (Joyful movement)**

*Wake things up. Shift your energy.*

Walk (inside or outside)

Wear a weighted vest while tidying your space

Jump rope or jump in place (even 30 seconds counts)

Stretch your body

Shake it out (loosen everything up)

A few squats or simple movement

Car concert

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### **SHINE (Reset)**

*Clear space. Come back to yourself.*

Deep breathing (slow inhale, slower exhale; box breathing)

Sit in silence (no input)

Quick journal or brain dump

Step away from your phone

Gratitude list

Enjoy a warm shower

Close your eyes and reset

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**A gentle reminder:**

*Some of these will work for you. Some won't.*

*The goal is to find what you'll actually repeat.*

The goal isn't to do everything.

It's to prove to yourself you can start...

and come back tomorrow.

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**If you want a little more guidance...**

If you want to see what I personally use to support my energy and stay consistent...

you can check that out here: <https://www.tracypelzertimm.com/tpttips>

*Please note: This is based on my personal experience and what has worked for me.*

*Always listen to your body and choose what feels right for you.*