



## Point-to-Path Coaching Ezine!

Provided by Milista Anderson, Business and Life Coach  
Point-to-Path Coaching  
6206 Wigton  
Houston, Texas 77096  
713.271.1171  
[www.pointtopath.com](http://www.pointtopath.com)

### **This week's topic: Be a Guest in Your Own Home**

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**Do you “save” the best stuff for guests and special occasions? We often think that we should only bring out the good dishes and spruce up the house when we know people are coming for a visit or party.**

Each of us deserves the best of what we have – every day! Treat yourself like a guest, like someone special, in your home every single day. Here are a few tips to remind us to practice extreme self care now:

1. Eat and drink from real dishes, not paper plates and cups. Even if it's take out or a frozen dinner, put your food on a real plate and eat with a real fork.
2. Keep your living area free of clutter. Pretend as if your house is on the market to sell and the realtor will call any minute with a potential buyer who's driving around in the neighborhood.
3. Burn the good smellin' candles everyday! Don't wait for a dinner party or to cover up a stink in the house...

You'd do these 3 things for your guests, right? Others would do that for you as their guest. So why not do them for yourself?