

# ROMPE

## TUS EXCUSAS PARA NO CUIDARTE

El tiempo que le dedicamos a nuestro cuidado personal muchas veces es escaso porque no lo tomamos como algo prioritario. Lo tomamos como un lujo, algo que sólo hacemos cuando creemos que nos merecemos un premio. ¡Y eso es un error!

**Así que haz un listado de aquellas veces que has intentado dedicarte un rato a cuidado pero has encontrado una excusa para no hacerlo.** ¡Apuntala y combátela con una idea positiva! De esta manera cuando esa excusa vuelva a parecer en tu mente, sabrás como combatirla.

ES SOLO PARA LOS  
QUE TIENEN TIEMPO



TODO ES POSIBLE SI ME LO PROPONGO

SIENTO QUE NO ME LO MEREZCO



ME MEREZCO LO MEJOR

SE ME HA HECHO TARDE



PARA LO IMPORTANTE, NO DEBERÍA  
DE HABER HORARIOS

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