



## 69. accept some pampering

*“When I want to reward myself I get a relaxing massage.” - Eva Longoria*

Taking pampering to another level is truly fantastic.  
My first pedicure took place a week before I hopped on stage with my band for the first time. The preliminary stage fright and nervous excitement was just about driving me over the edge. I was in dire financial straits and didn't think I could even afford the gas to get to the music festival.

For whatever reason, I booked a pedicure. I suddenly felt like a princess. A rock 'n' roll princess with an entourage. I treated myself the way I would living my dream and it all came together. My worries faded away and I had a blast. Rich, no, happy, yes.  
A pedicure doesn't solve every problem, but it's a start.

Splurge a little now and then, on whatever gives you a sense of luxury.

What you are doing is establishing to yourself that you deserve to feel good.  
Don't you want to feel good?