

Buy yourself flowers

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00:03

Welcome to before breakfast, a production of I Heart Radio. Good morning. This is Laura. Welcome to the before breakfast podcast. Today's tip is to buy yourself some flowers. A cheerful bouquet is quite possibly the quickest way to make yourself more cheerful. And your happiness is worth a few bucks. I am writing this episode as much for me as for anyone else. I love bouquets of flowers, probably most people do. And yet I almost never buy them. Spending money on such things seems like a waste, the flowers will die. I don't need them. And so I don't buy them. I guess I could pride myself on being thrifty there. But a little inquiry would show that I am hardly consistent. I waste money on all sorts of other things. That would bring me a lot less pleasure over time. Usually, there's some practical purpose to those purchases, I need to eat or wear clothes, or at least the thing is supposed to be permanent, like a lamp, for instance. But with the flowers, I am actively choosing to spend money on something that is solely for pleasure. And that will not last. For whatever reason, that idea seems to be problematic. Perhaps you are vexed by the same mental block. If that's the case, let's make a pact together. Particularly during this bleak time of year, let's buy ourselves flowers on at least three occasions before spring. By deciding to do this three times, we are limiting the damage. If you buy three grocery store bouquets you might spend around \$30 total, maybe that's really not that much. Each bouquet might last one to two weeks. So that will get us through the darkest days of winter. Then, come spring. We can clip flowers from our yards and enjoy the freebies. Three bouquets of flowers are like a mini vacation. Only much, much cheaper. If you love flowers, but still aren't sure here's an idea. Team up with a friend and buy each other flowers three times this winter. That way it's sort of like a gift, which feels less fraught. And it will also be a surprise what kind of flowers show up. That will make the little splurge feel even more exciting. In any case, just get the flowers in your door and then put them somewhere you can see and enjoy them frequently. on the kitchen table, on your home office desk, on the nightstand next to your bed, pause and savor them each time you see them. If we do this, we will definitely get our money's worth out of those flowers. Even if they don't last. Really, nothing does. It's just sometimes a little less obvious. How impermanent everything truly is. In the meantime, this is Laura. Thanks for listening. And here's to making the most of our time



03:50

Hey, everybody, I'd love to hear from you. You can send me your tips, your questions or anything else. Just connect with me on Twitter, Facebook and Instagram at before breakfast pod. That's B E the number four than breakfast pod. You can also shoot me an email at before

breakfast podcast at I heart media.com That before breakfast is spelled out with all the letters. Thanks so much I look forward to staying in touch.

 04:23

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