




Self-Love Activities

NO PHONE NEEDED!

- 1. Read a book, if you can try reading outside, on a porch or patio, in the grass, at a picnic table, in your tree hammock. Pick up a book and start reading, lose yourself in it and find a different version of yourself. Maybe try a comic book if that is new to you or a graphic novel. Even just reading the newspaper will do.
 - 2. Paint, you do not need to be an artist to enjoy painting. Go to Walmart and buy a little pack of acrylic paint and a set of paint brushes (you can get everything you need for like \$20) and just paint. Use your hands, use a brush, use a knife (that might sound weird but it is super fun) and just paint. Explore.
 - 3. Go on a long walk. If you have a tree hammock bring that bad boy with you and hang him up. Relax for a while. Enjoy the sun and the breeze and everything mother nature has to offer you. She loves you and wants you to experience that same love for yourself.
 - 4. Take a bath, light a candle, pour yourself some wine (if you are 21+) and listen to some music. Take some deep breaths and repeat to yourself some affirmations. You are strong, you are beautiful, you are right where you are meant to be and are going to keep moving forward. 5
 - . Try a new fun workout. Try out yoga (yoga with Adrienne on Youtube will send you in the best direction) or Zumba or just dance a little. Let go of all that tension you are carrying around and just be. Don't stop, won't stop. Love every minute of it.
 - 6. Cook or bake with a new recipe. Even just with whatever you have. Put on a jam and make the craziest thing you otherwise would have never attempted to create or to eat.
 - 7. Ask someone to go on an adventure with you. I used to do this a lot when I first moved to Colorado. I used to just drive around until I found a restaurant or coffee shop or park or trail head or something I had not been to before and explored. Sometimes this would lead me to a town a bits away but I had a blast.
 - 8. Sit down and try a crazy makeup look. Possibly one you would never actually wear outside the house. Do your hair, and your makeup, and put on a outfit just to laugh at yourself and take pictures for fun. Nothing serious, not even a photo anyone else ever has to see. Just to be in the moment.
- 
- 