

SNACK ON SOME ALMONDS	REMINISCE ANY ROMANTIC MEMORIES	PAY SOMEONE A COMPLIMENT EACH DAY	ENJOY A BATH IN ELEGANCE	REFLECT ON JOURNAL PROMPTS
OPEN YOUR HEART CHAKRA WITH MUSIC AT 639 HZ	TREAT YOURSELF TO SILK PAJAMAS	CREATE YOUR OWN LOVE POTION TEA	EAT SOME BLACK CHERRIES	WRITE DOWN ANY WORRIES BEFORE BED
PLANT SOME PINK FLOWERS	BALANCE YOUR EMOTIONS WITH OPAL		BEGIN OR REVIVE A BREATHING PRACTICE	TRY BALLROOM DANCING  Line Line Line Line Line Line Line Lin
SHARE YOUR AFFECTIONS WITH INTENTION	ACCEPT A ROLE AS A BALANCED LEADER	DRINK ALL THE WATER	GET A SWEDISH MASSAGE	FEEL PRETTY IN PASTELS
SPLURGE ON A NEW HAIRCUT	DONATE UNUSED CLOTHES  T	MEDITATE WITH AN AMETRINE CRYSTAL	PRACTICE SELF LOVE WITH LAVENDAR	CREATE A BALANCED GROUNDING SPACE

MINI CHALLENGE: KEEP AN EMOTIONS JOURNAL

## A FEW WAYS TO USE THIS SELF CARE CHALLENGE BOARD:

- 1. PICK & PERFORM ANY SQUARES THAT INTUITIVELY FEEL RIGHT TO YOU
- 2. MAKE A BINGO IN ANY DIRECTION
- 3. COMPLETE A RANDOM NUMBER OF SQUARES TO CREATE A SIGIL

4. TRY TO COMPLETE A COVER-ALL