

# do something you love

## MINI SELF-LOVE PROJECT

You have already taken the first steps of self-love through nourishing your body with beautiful foods. Now it's time to self-love in other ways....

Often through life's daily demands and your endless to do lists, you can forget that life can be FUN! You can also easily forget what you used to love to do. Finding space in your life to do the things you enjoy is just as important and also part of living a healthy, balanced and fulfilling life.

### TASK:

**EACH DAY THIS WEEK TAKE TIME TO DO SOMETHING YOU LOVE, THAT WILL RESTORE YOUR ENERGY LEVELS AND FILL UP YOUR TANK FROM THE INSIDE - OUT! IT CAN BE SOMETHING SMALL FROM HAVING A NICE HOT BATH TO GOING SWIMMING IN THE OCEAN.**

Have a think about one thing you can easily do each day that is fun, soulful, reconnects you with your authentic self and provides you with spirit lifting energy!

If you have forgotten what you love to do, this is your chance to explore your passions and reconnect with your authentic self. Pick a few things to try this week which you think might be enjoyable and give it a go. If you don't like it, move onto the next thing. Remember this should be a fun process, so enjoy it!

**WHAT DID YOU LOVE DOING WHEN YOU WERE A CHILD, WHEN MONEY WAS NOT AT YOUR DISPOSAL? SOMETHING YOU COULD DO FOR HOURS AND GET LOST IN?**

### SOME SUGGESTIONS ARE BELOW;

- Get a massage
- Enjoy a hot bath with candles
- Read a book
- Cook a delicious, creative meal straight from the heart
- Watch a movie
- Walk the dog
- Get active
- Play your favourite sport
- Sit in the sun and just enjoy it's healing powers
- Journal
- Start a blog
- Listen to music
- Dance

# do something you love

## MINI SELF-LOVE PROJECT

- Draw, paint, sculpt, create
- Do some gardening
- Take a short course on something that interests you
- Take an afternoon nap
- Try a new activity
- Socialise with friends (only those who energise you)
- Go for a bush walk
- Swim in the ocean