

The Art of You

BINGO



Move my body in a way that feels good

Watch the sunset

Wear something that makes me feel amazing



Try something new (cafe, place, activity)

Do something creative just for fun

Write 3 things I quite like about myself

Ask myself: What do I really need today? And do it.

Go outside and connected with nature

Do something I've been putting off (even for 15 min!)



Enjoy my favourite meal (guilt free)

Call a friend to spend some time with

Express gratitude for another woman in my life

Dance to music that makes me feel good

Watch the sunrise

Take myself out on a solo date



Unplug from social media for an hour (or more)



Print and frame a photo I love

Read or listen to something that inspires me

Write down a dream/goal I'm excited about - write all about it.

