

WAYS TO NURTURE YOUR SOUL

Find Simple Joys

GRAB FRESH FLOWERS *LOSE YOURSELF IN A GREAT BOOK*

Laugh **EXPRESS GRATITUDE**
Spend time in the great outdoors

JOURNAL YOUR THOUGHTS

Serve others with your time, talents, or resources

SIT IN SILENCE *NURTURE ROMANCE*
Put some heat on your feet

LEARN SOMETHING NEW *Declutter*
Take a hot bath or an extra long shower

PEOPLE WATCH *Dance* **WATCH THE SUNSET**

GO FOR A BRISK WALK *Act like a tourist in your own town*

TRY A NEW RECIPE *LOOK AT OLD PICTURES*

Sing **BRIGHTEN SOMEONE ELSE'S DAY**
EXPRESS YOURSELF THROUGH ART

GET OUT OF TOWN *Pray*

Have lunch with an old friend

GAZE AT THE STARS *Wear your favorite t-shirt*
EAT LUNCH BY YOURSELF

