

CHOOSE YOUR

Birthday Self-Care

ADVENTURE



Self



WITH

Others

Indulgence

Choose a way to *treat* yourself!

Before you begin, **ask:**
*Am I in a **setting** in which I can truly enjoy this?*

*Can I give myself permission to enjoy this **without guilt**?*

Favorite Indulgences

1. _____
2. _____
3. _____
4. _____
5. _____

Reflection

Home

Away

Get a sitter (or spouse) if you need to or block out time

Near

Far

Go!

Book a hotel, Airbnb, library room, or quiet place

Relish in the moment

Journal

1. Set an intention for the next year of life
2. Write one thing you love about yourself

Activity

What is *true fun* for you?
Consider including:

Connection to self or others

Playfulness doing an activity just for the sake of doing the activity

Flow losing track of time

- Catherine Price

Plan & set a date/time with friends

Go do that NOW!

True **{soul-care}** is not salt baths and chocolate cake, it is **making the choice** to **build a life** you don't need to regularly escape from.

- Brianna Wiest