

NURTURING ACTIVITIES FOR TRANSFORMING YOUR SOUL

- ♥ Create with clay/pottery
- ♥ Practice positive affirmations
- ♥ Pet an animal
- ♥ Watch my favorite TV show
- ♥ Reflect on my success: "I can _____."
- ♥ Write a poem expressing my feelings
- ♥ Make a bouquet of flowers
- ♥ RELAX: watch the clouds
- ♥ Make myself something nice
- ♥ Visit a park/woods/forest
- ♥ Read positive, motivational literature
- ♥ Reflect on: "What I value most in life!"
- ♥ Phone a special friend
- ♥ Go on a picnic in a beautiful setting
- ♥ Enjoy a gourmet cup of herbal tea/decaf coffee
- ♥ Participate in a favorite sport/game/recreation
- ♥ Practice a relaxation exercise (or listen to a relaxation recording)
- ♥ Practice the art of forgiveness
- ♥ Learn a new skill
- ♥ Daydream
- ♥ Attend a support group
- ♥ Enjoy a relaxing nap
- ♥ Enjoy the beauty of nature
- ♥ Reflect on: "My most enjoyable memories"
- ♥ Go horseback riding
- ♥ Enjoy a cool, refreshing glass of water or fruit juice
- ♥ Tell myself the loving words I want to hear from others
- ♥ Relax in a whirlpool/sauna
- ♥ Take time to smell the roses (and other flowers I enjoy!)
- ♥ "Window shop"
- ♥ Practice yoga/T'ai Chi or other meditative movement
- ♥ Smile/Say: "I LOVE MYSELF"
- ♥ Star gaze
- ♥ Visit a museum/art gallery
- ♥ Do aerobics/dance
- ♥ Play like a child (swing, teeter-totter, fly a kite, run in the park)
- ♥ Swim/float/wade/relax in a pool/on the beach
- ♥ Imagine myself achieving my goals and dreams
- ♥ Draw/paint a picture/color (adult coloring books)
- ♥ Visit a special place I enjoy
- ♥ Count my blessings: "I am thankful for _____."
- ♥ Ride a bike or motorcycle
- ♥ Work out with weights/equipment
- ♥ Make myself a nutritious meal
- ♥ Work with plants (gardening)
- ♥ Spiritual meditation
- ♥ Play a musical instrument
- ♥ Read a special book or magazine
- ♥ Reflect on: "I appreciate. ..."
- ♥ Receive a positive message
- ♥ Create a collage representing "The Real Me"
- ♥ Concentrate on a relaxing scene
- ♥ Laugh

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- ♥ Watch the sunrise/sunset
- ♥ Practice diaphragmatic breathing
- ♥ Reflect on my positive qualities: "I am..."
- ♥ Do "stretching" exercises
- ♥ Exercise (of my choice)
- ♥ Spiritual prayer
- ♥ Relax outside
- ♥ Share a hug with a loved one
- ♥ Listen to my favorite music
- ♥ Go for a Run/walk/hike
- ♥ Enjoy a long, warm bubble bath