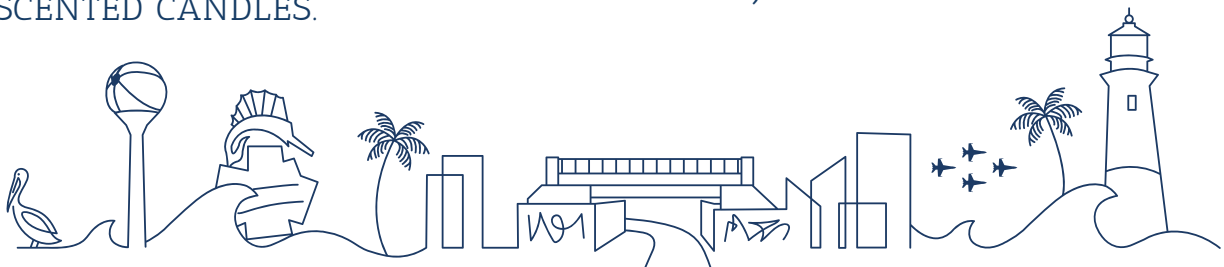


TAKE THE DARE:

FOCUS ON SELF-CARE WITH THESE 31 IDEAS FROM PENSACOLA MOM COLLECTIVE:

1. TELL YOURSELF THAT YOU WILL ENJOY THE START OF A NEW YEAR (OR MONTH).
2. USE ALL (OR MOSTLY ALL) POSITIVE WORDS TODAY.
3. DRINK MORE WATER. ADD FRUIT TO YOUR WATER FOR MORE FLAVOR.
4. FOCUS ON YOUR POSTURE. STAND UP STRAIGHTER AND ROUND YOUR SHOULDERS BACK.
5. MAKE A LUNCH OR COFFEE/TEA DATE WITH A CLOSE FRIEND. PUT IT ON YOUR CALENDAR.
6. PAINT YOUR NAILS OR HAVE THEM DONE BY SOMEONE ELSE. HAVE A MINI-SPA SESSION AT HOME.
7. SPEND TIME OUTDOORS WALKING, BIKING OR DOING A PHYSICAL ACTIVITY YOU ENJOY. JOIN THE PENSACOLA MOM COLLECTIVE FITNESS CLUB.
8. WATCH A FAVORITE MOVIE OR A NEW ONE YOU'VE BEEN WANTING TO SEE.
9. BURN A FEW OF YOUR FAVORITE SCENTED CANDLES.
10. ORGANIZE A SMALL SPACE THAT IS BOTHERING YOU, SUCH AS A DESK, BATHROOM CLOSET OR DRAWER. SPEND 10-15 MINUTES DOING WHAT YOU CAN.
11. CREATE A FEEL-GOOD MUSIC PLAYLIST. WRITE DOWN SONGS THAT MAKE YOU SMILE.
12. READ UPLIFTING POSITIVE QUOTES (SUCH AS MONDAY MOTIVATION WITH MONIQUE'S WONDERFUL QUOTES). OR READ A NEW BOOK. CONSIDER JOINING THE PENSACOLA MOM COLLECTIVE BOOK CLUB.
13. WASH AND CHANGE YOUR BED SHEETS. FRESH, CLEAN SHEETS CAN UPLIFT YOU.
14. START TO PLAN A FUN TRIP, EVEN IF YOU DON'T TAKE IT FOR A LONG TIME.
15. LOOK THROUGH OLD PHOTOS AND REFLECT ON THE MEMORIES. PUT TOGETHER A FAVORITE DIGITAL PHOTO ALBUM.
16. PICK OUT FRESH FLOWERS. PUT THEM IN A ROOM THAT YOU'RE IN THE MOST SO YOU SEE AND ENJOY THEM.



17. WRITE A THOUGHTFUL LETTER TO YOURSELF OR A FRIEND. USE CUTE NOTE CARDS OR STATIONERY SUCH AS THOSE BY EMILY LEY.
18. PUT ON GOOD MUSIC THAT WILL HAVE YOU DANCING OR SWAYING. SPEND A FEW MINUTES LETTING LOOSE.
19. PUT YOUR PHONE AWAY FOR AN HOUR TODAY. GO COMPLETELY SCREEN-LESS IF YOU CAN FOR 60 MINUTES.
20. COLOR, PAINT OR CREATE TODAY. BUY AN ADULT COLORING BOOK AND SPEND TIME COLORING IN BETWEEN TASKS.
21. BAKE COOKIES WITH YOUR CHILDREN. (IT DOESN'T HAVE TO BE FROM SCRATCH!) OR ENJOY A SIMPLE, DELICIOUS TREAT TODAY.
22. CANCEL SOMETHING YOU DON'T NEED OR WANT. TRY TO MAKE IT SOMETHING THAT IS BOTHERING YOU – A SUBSCRIPTION THAT YOU ARE NOT USING.
23. PAY IT FORWARD TO SOMEONE TODAY – BUY A COFFEE FOR THE PERSON BEHIND YOU OR LEAVE A NOTE FOR A STRANGER.
24. VOLUNTEER OR SIGN-UP FOR SOMETHING YOU FEEL PASSIONATE ABOUT. OR LOOK INTO THAT CHARITY THAT SPARKS YOUR INTEREST.
25. SIT STILL FOR AT LEAST 15 MINUTES AND ENJOY YOUR FAVORITE BEVERAGE (HOT TEA, GLASS OF WINE).
26. CALL A FRIEND OR LOVED ONE THAT MAKES YOU LAUGH.
27. GO TO BED EARLY. REST IS THE BEST WAY TO RECHARGE.
28. PLAY A GAME THAT YOU ENJOY (FOR EXAMPLE, PULL OUT CARDS, MONOPOLY, SCRABBLE, JENGA, ETC.) AFTER DINNER, MAKE IT A FAMILY GAME NIGHT.
29. EAT YOUR FAVORITE MEAL. DON'T FEEL GUILTY ABOUT THAT MEAL.
30. THINK OF THREE GOOD THINGS THAT HAPPENED TO YOU RECENTLY. WRITE THEM DOWN.
31. DO NOTHING AT ALL FOR 20 MINUTES. OR REPEAT YOUR FAVORITE ACTIVITY FROM THIS LIST.



PENSACOLA MOM
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