

dwd self love menu

code white

- meditate//4x4x4 breathing
- introspective workout: Pilates, yoga, spin
- take a bath while watching a funny//cute show
- face mask- mini spa day at home
- fun drink splurge: high vibe coffee, tea, smoothie
- CBD oil
- go outside
- palo santo your space

code pink

- go to the bookstore, get a new inspiring book: cookbook, fiction
- walk & talk with a friend
- journal//deep sitting: sit in silence and let the emotion come up
- organize something at home- bring in fresh new energy
- fun lunch with a glass of champs, alone with a book or maybe with a friend
- cook//bake- moving meditation

code red

- physical connection: touch//lay with your safe place person
- olivia pope your life- handle it//write out a power plan with steps
- cozy//upbeat dinner with someone special and good wine
- Drybar appointment- new hair, new you
- plan a little trip- its fun to look forward to & plan a new trip
- therapy- sometimes your therapist is the best one to talk to