

Do something special for yourself at least once a week.

Here is a list of 35 ideas about what you can do:

- Go to a massage or massage yourself.
- Go to your favorite restaurant and order your favorite meal.
- Go out with your best friend and have fun.
- Take a long hot bath or shower.
- Go out for a walk in the park and breathe deeply.
- Put your feet up and have a glass of Champaign and strawberries.
- Go to the hairdressers and have a new hairstyle done.
- Buy something new for yourself.
- Go sightseeing in your city.
- Play a game.
- Play your favorite song and dance.
- Sing something.
- Watch a comedy.
- Pet an animal.
- Go to a swimming pool and have a nice long swim.
- Take a steam bath (usually there are steam baths in the gyms).
- Make some decoration in your home.
- Prepare a home-made lemonade and drink it while reading your favorite book.
- Stay in bed until noon.
- Go to a guitar lesson (or other musical instrument you like).
- Go to a yoga class.
- Do something extreme that will load you up with adrenalin – might be bungee jumping or wearing bright colors, depending on what is extreme for you.

- Do some aroma therapy – buy an aroma lamp and some natural oils and do it at home, or go to a studio where someone can do it for you.
- Light candles at home, play some classical music and just relax (might be with a drink or favorite meal).
- Paint something with your hands.
- Jump on a rebounder for 15 minutes.
- Go to a horse-riding lesson.
- Fly a kite or a sky lantern.
- Travel to a new beautiful place, or just take a walk in your home town in a neighborhood you haven't been to.
- Organize a picnic with friends.
- Slow down and have a very relaxed, balanced, harmonious day.
- Give yourself a gift of roses or your favorite flowers
- Meditate.
- Count the stars on a beautiful night.
- Go to a SPA center and do everything you love.

It does not need to be expensive. Just get creative and have fun. Do something that brings you joy. It can be just watching the stars through your window or taking a walk. It might be really simple or it might require some organization. Do different things, depending on your mood and how much time you have. Just have fun! 😊

To your magical transformation!

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