



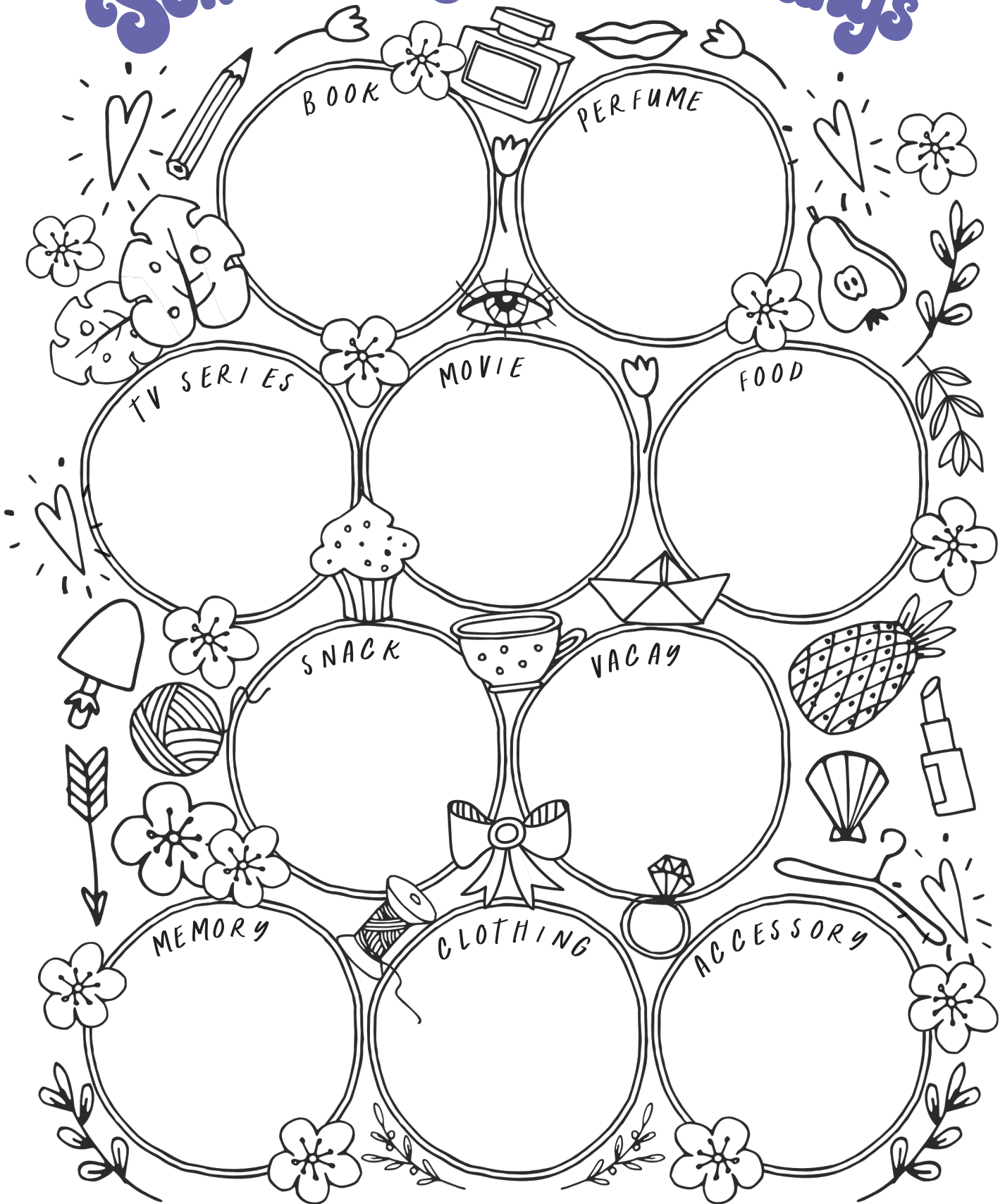
Good Vibes Activity Pack

SELF CARE IS HOW YOU
TAKE YOUR POWER BACK

*Self Care isn't a luxury, it's a necessity! So take some well
deserved 'me time' and enjoy these fun and relaxing activity pages
to help you become the best version of yourself.*

xx Liza Lluma

Some of my favorite things





KNOW WHEN TO HOLD & WHEN TO FOLD

You can do anything, but not everything

MORE OF THIS

THINGS THAT BRING YOU JOY
& IMPROVE YOUR LIFE!



LESS OF THIS

UNHEALTHY HABITS & THINGS
THAT STRESS YOU OUT!



Yes

No

no

Yes

NO

YES

Yes

*You have the courage
to let it go girl!*





FEEL BETTER BINGO

Mark off each square after you complete it.
To get 'Bingo' mark off 5 in a row (vertical, horizontal or diagonal)

SOCIAL MEDIA
DETOX FOR
24 HOURS

WATCH THE
SUNRISE

DO
SOMETHING
CREATIVE

START A
JOURNAL

HAVE A
PJ DAY

START
READING A
NEW BOOK

WATCH A
ROMANTIC
COMEDY

30MIN
OF YOGA

GIVE YOURSELF
A MANI-PEDI

MAKE
YOURSELF A
FRUIT SMOOTHIE

EAT A BOWL OF
BLUEBERRIES

ORGANIZE
YOUR CLOSET

LISTEN TO AN
UPLIFTING
PODCAST

APPLY A
FACE MASK

TRY A NEW
EXERCISE

GO FOR A 20
MINUTE NAP

WATCH A
NATURE
DOCUMENTARY

TRY OUT A NEW
HAIRSTYLE

CALL A FRIEND
FOR A CHAT

LISTEN TO A
SONG THAT
MAKES YOU
HAPPY

GO OUTSIDE &
STARGAZE

GIVE
YOURSELF
FLOWERS

DANCE LIKE
NO ONES
WATCHING

GO FOR A
MORNING RUN

MAKE A
NATURAL BODY
SCRUB

10 MINUTES
OF GENTLE
STRETCHING

CUDDLE YOUR
PET (OR
COMFORT ITEM)

PLAN
YOUR DAY

WATCH A
TED TALK

READ OR
WRITE POETRY

MEDITATE FOR
5 MINUTES

CONNECT WITH
SOMEONE
YOU MISS

REARRANGE
YOUR ROOM

DRINK A GLASS
OF LEMON
WATER

TAKE 5 SLOW,
EVEN BREATHS

GET A PLANT
FOR YOUR
ROOM

CREATE YOUR
OWN CHILL
PLAYLIST

BAKE
SOMETHING
YOU LOVE

WASH &
CHANGE YOUR
BED SHEETS &
PJS

FACETIME A
FAMILY
MEMBER



12 WAYS TO PRACTICE MINDFULNESS

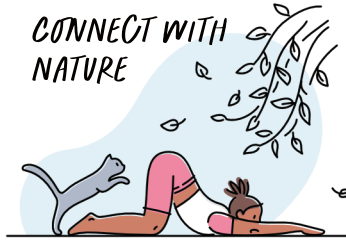
Focus on the present so you can stay cool, feel happy and balanced

DECLUTTER YOUR SPACE



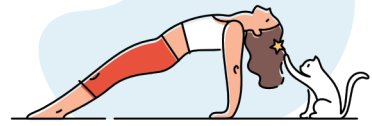
Declutter your wardrobe, draws, desk, text & emails.

CONNECT WITH NATURE



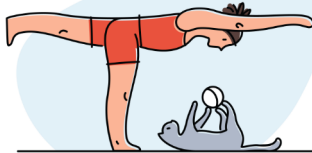
Step into a quieter atmosphere & absorb the energy of nature.

LISTEN TO YOUR BODY'S SIGNALS



Close your eyes & pay attention to the touch of physical objects.

GO OUTSIDE



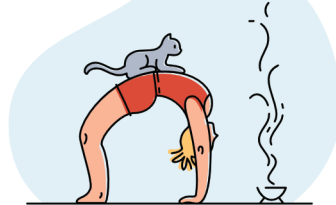
Feel the sun on your skin or the wind in your hair.

EAT WELL



Eat without electronic devices. Notice the food's tastes & textures.

LET GO OF EMOTIONS



Be aware of the emotion, name it, then let it pass by.

IMAGINE YOURSELF ACHIEVING A GOAL



Close your eyes & see yourself completing your goal successfully.

TAKE A BREATH



Close your eyes & follow each breath in and out.

SQUEEZE & RELAX



Tighten every muscle of your body from your toes to your lips - then relax.

STARGAZE



Feel the stillness of the night & take in the stars.

LEARN TO FOCUS



Forget multi-tasking & just focus on one task at a time.

PRACTICE YOGA



Observe your mind, body & feelings while in your pose.