

# #SOULCARE



## HOW TO SPRING BREAK MOMMY STYLE



- AT HOME**
- GIVE YOURSELF AN AT HOME MANI-PEDI
  - TAKE A BUBBLE BATH WITH CANDLES
  - READ A BOOK GATHERING DUST ON YOUR NIGHTSTAND
  - TAKE TIME TO COLOR
  - CLEAN OUT YOUR DRAWERS
  - LET YOUR KIDS PICK OUT YOUR CLOTHES FOR THE DAY
  - WRITE A NOTE TO A FRIEND
  - GO THROUGH OLD PHOTOS
  - CREATE SOMETHING WITH YOUR FRIENDS
  - TURN YOUR PHONE TO AIRPLANE MODE FOR 2 HOURS
  - STRETCH - TOUCH YOUR TOES AND THE CEILING
  - READ A CHAPTER OF PSALMS A DAY



- TO EAT**
- HAVE CEREAL AND ICE CREAM FOR DINNER
  - BAKE SOMETHING FROM A COOKBOOK
  - LISTEN TO WORSHIP MUSIC WHILE YOU MAKE A FUN BREAKFAST



- OUTDOORS**
- TAKE A STROLL
  - BLOW BUBBLES



**ON THE TOWN**

- VISIT A TEA SHOP
- TRY ON FANCY JEWELRY AT A DEPARTMENT STORE
- TAKE COOKIES TO A LOCAL NURSING HOME THEN STAY AND CHAT
- BUY YOURSELF FLOWERS
- BUY SOME SEA SALT SPRAY FOR YOUR HAIR AND SPRAY IT DAILY
- GET COCONUT SCENTED LOTION AND SLATHER IT ON IN THE MORNING AND BEFORE BED



**NIGHT OUT**

- HAVE A GIRL'S MOVIE NIGHT
- WATCH THE STARS
- PLAN A DATE NIGHT FOR NEXT MONTH

