

The Power of Pleasure

Tailored Wellness Redefined

What does pleasure mean to you?

Sometimes as busy women and caregivers, we have forgotten what pleasure means to us. Spend 20 minutes writing everything you can think of that sounds pleasurable (fun) to you. Jot down 50-100 items! Try not to censor what you are writing. This brainstorm should include big items, like a vacation as well as simple items, like watching the rain or the smell of fresh baked muffins. When you are done:

- notice how this activity made you feel;
- then, circle everything you have done in the past month;
- finally, commit to adding in at least one small, pleasure into your days, and one bigger, fun thing for the coming 90 days.