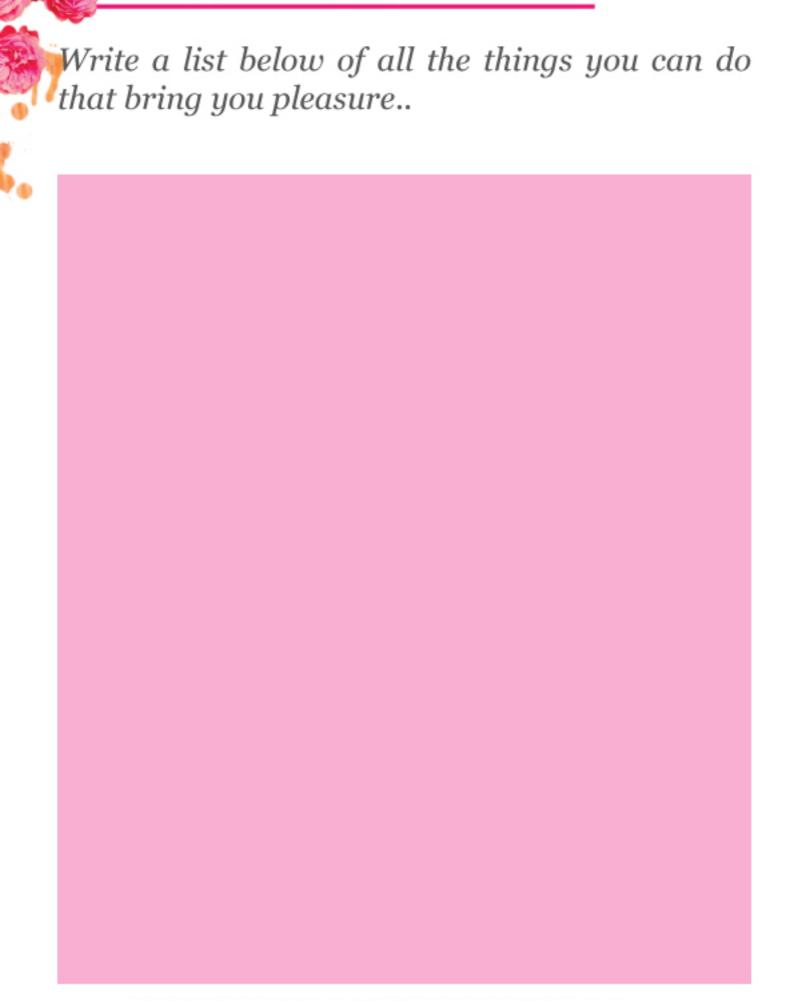


PLEASURE PRACTICE



PLEASURE PRACTICE

From the list make a rough outline below of a pleasure practice you can do daily.

The aim is to do the things that bring you the most joy daily, BUT they also have to be doable - no use saying you want to have a champagne bubble bath if you can't do that every day!





DAYS

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