



PUT ON LIPSTICK

xoxo

BE GENTLE WITH YOURSELF.



TAKE A NAP



TAKE A DEEP BREATH. ♡  
FEEL YOUR FEELINGS.



WRITE A LETTER



CALL A FRIEND ♡

# FEED YOUR SOUL

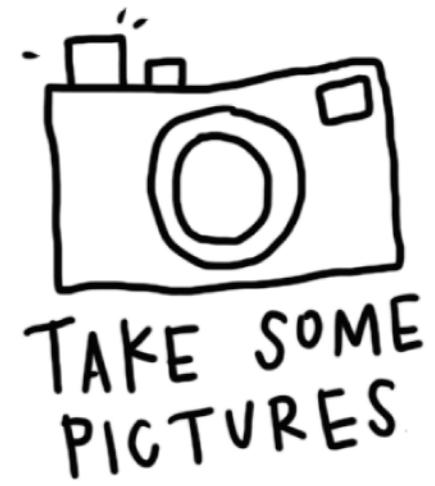


GO FOR A WALK.



LISTEN TO MUSIC

1. MAKE
2. A
3. LIST
4. OF
5. HAPPY
6. THINGS



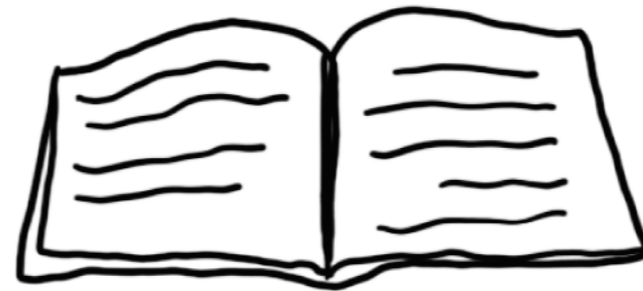
TAKE SOME PICTURES



SIP HOT TEA



BAKE SOMETHING YUMMY. ♡



READ A BOOK



NOTICE BEAUTY



SNUGGLE A FRIEND



TAKE A BATH

♡ LISALEONARD.COM



JOURNAL