



LIBRA SEASON: 5 DAY CHALLENGE RELATIONSHIP/RECONNECTION

Deepen your relationship with yourself (single) or your partner.



DAY ONE: Look into Eyes with Love

Stare into your partners eyes or your own eyes with a mirror for 5 minutes thinking only loving thoughts- maybe repeat a loving phrase or mantra (I Love You. You are loved. etc.) or just speak or feel loving kindness. Write down what came up for you...

DAY TWO: Take a Class or Workout with a Friend or Partner

Have fun doing it together! Write down what you did and how it went!

DAY THREE: Take Yourself or Your Partner on a Date

Enjoy some quality time with yourself or your partner. Write down what you did and how it felt.

DAY FOUR: Write a Love Letter

Write an old fashioned love letter to yourself or your partner. Pour your heart into it.

DAY FIVE: Watch a Sunset or Sunrise Together or Alone

Taking in this free nature show will surely inspire a feeling of connection to everything. How was it?

