

Bring Beauty Into Your Day

Slow down and observe

Take five minutes to sit outside. Breathe and gently look around. What is something you see? Describe how it looks. Is it moving or is it still?

Create beauty in your surrounding

Describe one way that you can create beauty in your surrounding. Could you add a vase of flowers to a table? Could you make your bed with beautiful linen sheets?

Enjoy beauty created by others

Who inspires you with their art? Is there a piece of music you love to listen to or an illustrator who you admire? Is there a film you have been meaning to sit down and watch?

Create beautiful experiences in daily life

How can you turn an everyday task into a beautiful experience? Could you light a candle while you soak in a bath? Could you take your lunch outside and enjoy it in the sunshine?

Treat yourself kindly and be kind to others

What do you love about yourself? Are you empathetic or do you know how to make others laugh? What do you love about someone close to you? How can you make them feel loved?
