

Create Your Perfect Day

Write or draw your perfect day that focuses on achieving pleasure and joy. What are you doing, where are you doing it, alone or with someone, when are you doing it, and what do you look like?

Have “fun” creating this! Hang up your finished product so you can be inspired daily.

My Perfect Day of Pleasure

Need more support?

Wellness Coaching is a great way to move forward with your goals.

Contact me for a sample session.

©Carol Ebert RN, BSN, MA, CHES, CWP Wellness Practitioner and Selfcare Coach

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