



# WARRIOR GODDESS

# WILD Challenge

## Day 1

### ***Self-Assessment: What brings you pleasure?***

*Task: Make a super long list of everything you can think of that brings you pleasure using the categories below; or create your own categories. I share some pleasures below as well to spark your inspiration...*

- eating strawberries
- spring buds on lilac bushes
- the wind through the pines
- walking barefoot
- children giggling
- the color turquoise
- dancing with friends
- soft cotton on my skin
- a shower after getting really dirty/sweaty
- the smell of horses
- a good cry during a movie
- someone brushing my hair
- ballroom dancing



# WARRIOR GODDESS WILD Challenge

## Day 1 What brings you pleasure?

Here are some categories to get you started:

### Family

### Personal

### Hobbies/interests

### Entertainment

### Professional

### Other

**Action Step:** Share the area you have an abundance of pleasure in with the hashtag #WarriorGoddessWild