



WARRIOR GODDESS WILD Challenge

Day 4

It's time to make a mess!

Don't try to create something pretty, just make a mess. Make a beautiful mess. If you're stuck, pretend you're six-years-old and do whatever she would do.

- Take a bag of flour out to the yard and go nuts
- Make a macaroni necklace for your dog
- Glue leaves to a hat and wear it to the bank
- Finger paint (trust me on this one)
- Write overly flattering messages to yourself in lipstick on your bathroom mirror
- Use a sharpie on your fridge, jeans, or body
- Use crayons in creative ways
- Mud pies
- Collage pictures or magazine words inside of an old book

Action Step:

Take a selfie or a Reel with your mess and post it with the hashtag #WarriorGoddessWild