



WARRIOR GODDESS

WILD Challenge

Day 7

Spread the joy

Task: *One of the most joyful things we can do is to bring happiness and pleasure to others. Choose from the list and spread the joy!*

- send a loving audio message to a friend
- offer to give your partner or friend a massage, or foot / back rub
- buy a pair of fuzzy socks for a friend and leave them with a fun note
- gift a person who is unhoused a bag with water, snacks, and useful items plus some playful treats
- Offer to babysit for a friend so they can sit in their backyard and breathe
- Brush a friend's hair
- Find out what someone's favorite scent is and gift them an essential oil
- Hug longer with your full heart
- Create a mini altar with rocks or sticks or leaves for someone to discover
- Drop off good chocolate on a co-workers desk
- Paint rocks or place crystals or other treasures along a busy street
- Leave gratitude notes on people's windshields
- Dress in your most beautiful clothes as a gift to others
- Set up at a busy park and paint kids faces for free
- Go sing songs or ask for favorite stories from the elders at rest homes
- Be creative and be a pleasure angel for others!

Action step: Post about doing it and challenge friends to spread some pleasure too. Tag five loving souls who might want to play with the hashtag #WarriorGoddessWild