



SoulGiving

Celebrate Self & Others

How to Celebrate

- Pause and reflect — take quiet time.
- Reset your mind — journal, pray, or meditate.
- Give to yourself — restore your energy.

Ideas to Try

- Write a letter to yourself
- Practice gratitude journaling
- Take a solo walk without your phone
- Do a short digital detox
- Reflect on what to release or keep
- Set one intentional goal