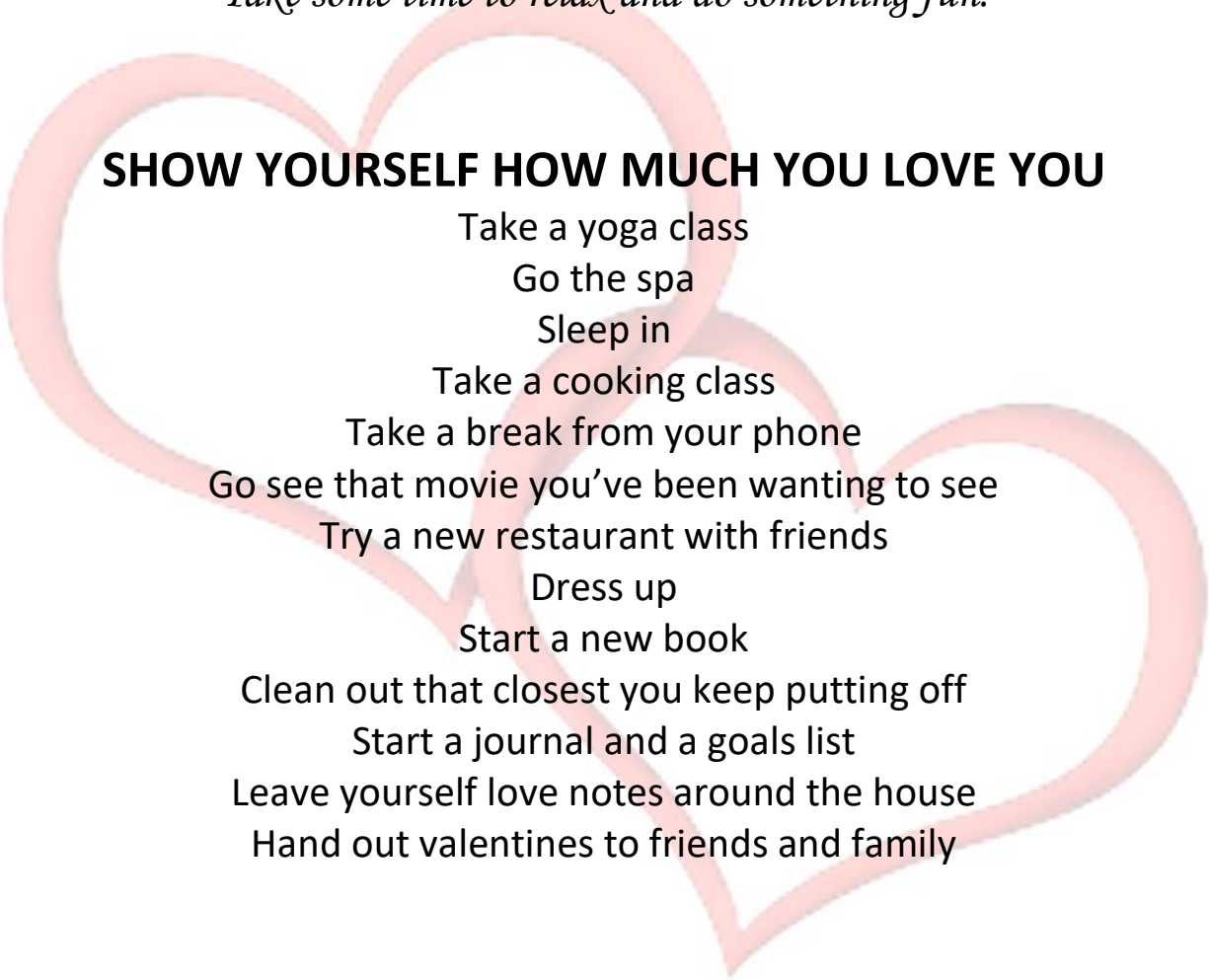


Your Valentine's Day

Whether you are celebrating Valentine's Day with a significant other or solo. Don't forget to love yourself. Use Valentine's Day to celebrate you. Take some time to relax and do something fun.

SHOW YOURSELF HOW MUCH YOU LOVE YOU



- Take a yoga class
- Go the spa
- Sleep in
- Take a cooking class
- Take a break from your phone
- Go see that movie you've been wanting to see
- Try a new restaurant with friends
- Dress up
- Start a new book
- Clean out that closet you keep putting off
- Start a journal and a goals list
- Leave yourself love notes around the house
- Hand out valentines to friends and family

Your relationship with yourself sets the tone for every other relationship you have

*Love,
District 6 ASDA Cabinet*