



WEEK ONE TOUR SCHEDULE

5/3 – PLAY IT LOUD

Name the 3-5 things you most enjoyed doing as a child. Do you get those feelings now? How can you create adult versions of your best childhood hobbies?

5/4 – THAT'S DAZZLING

In your journal, name 3 works of art (music, literature and visual art) that resonate with you. The art we love is often a window into who we are or what we need.

5/5 – I LOVE THAT...

Join us on our IGTV for a special workshop, or on your own, draw or create a board or journal spread filled with images and inspiration for the things you love. Be specific!

5/6 – CHECK YO' SELF

Take a look at the people, places and activities you put on your board yesterday. What percentage of your time do you spend with those people and doing those things?

5/7 – LET THE SUNSHINE IN

Dedicate at least 30 minutes to doing one thing you love today! Extra points if it's something from your childhood. Go on, build a fort! We're making ours with a bar ;)

5/8 – GOOD CHOICE

Whether or not we realize it—and this one of the great things that make us unique—we each hold a set of values and beliefs that guide what we do. Check out the list of values linked in the IGNITE tab and choose the two that are the most important to you. It's hard!

5/9 – SENDING LOVE

Do one of the following—or all! 1. send a friend something that made you laugh 2. Tell a friend something about them that brings you joy 3. Say hi to a fellow TOURmate you don't know yet! #tourtosummer

