



SELF-CARE ADVENTURE JOURNAL

for
BOLD
BLACK
WOMEN

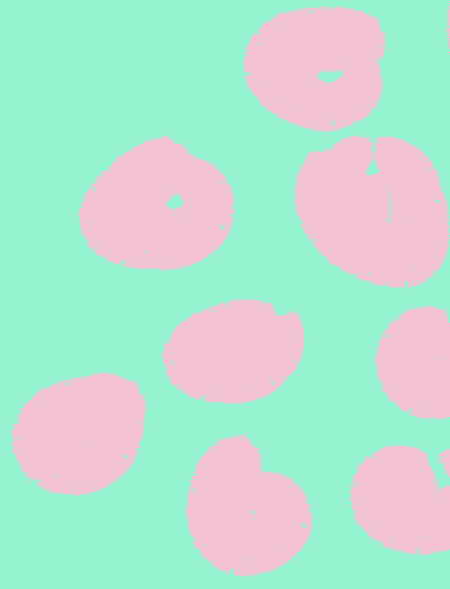
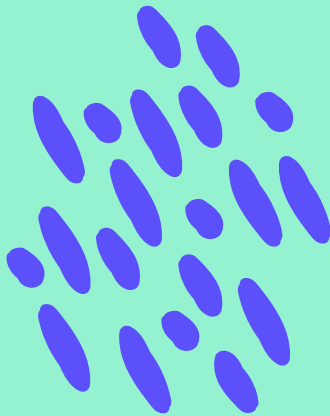
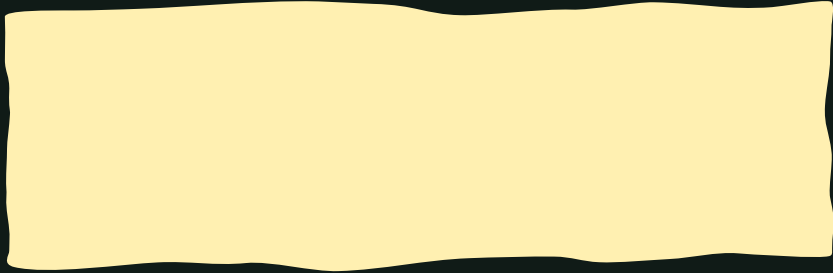


Prompts and soulful challenges
for self-discovery, reflection &
boundary-busting badassery

TIZDA VING



This journal chronicles
the adventures of





ADVENTURE calls.

Can you hear it?



ADVENTURE flirts.

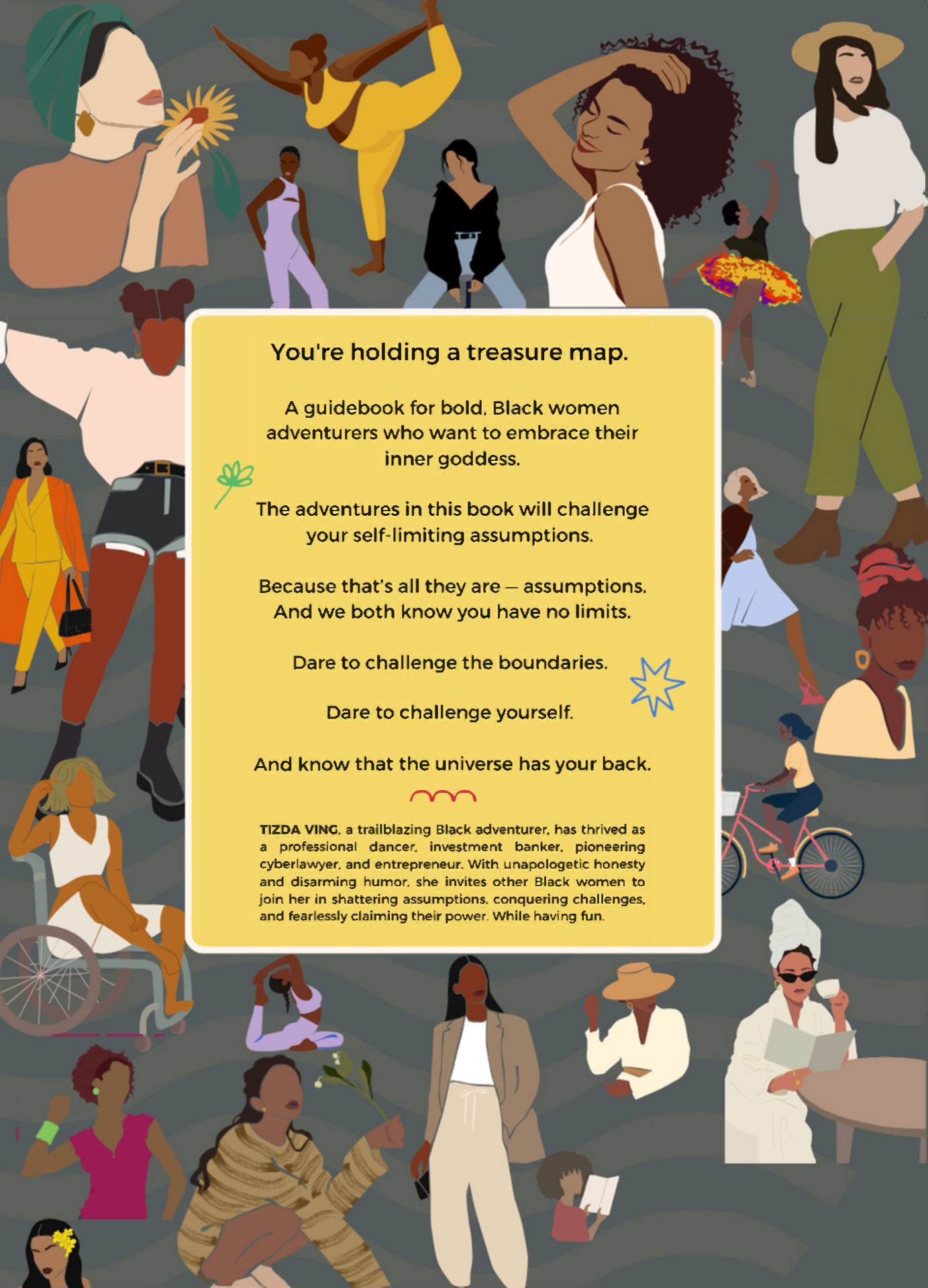
Are you tempted?



ADVENTURE beckons.

Do you say, "Hell, yeah!"





You're holding a treasure map.

A guidebook for bold, Black women
adventurers who want to embrace their
inner goddess.



The adventures in this book will challenge
your self-limiting assumptions.

Because that's all they are – assumptions.
And we both know you have no limits.

Dare to challenge the boundaries.



Dare to challenge yourself.

And know that the universe has your back.



TIZDA VING, a trailblazing Black adventurer, has thrived as a professional dancer, investment banker, pioneering cyberlawyer, and entrepreneur. With unapologetic honesty and disarming humor, she invites other Black women to join her in shattering assumptions, conquering challenges, and fearlessly claiming their power. While having fun.



ADVENTURES AHEAD!

Click on an adventure below to head out.

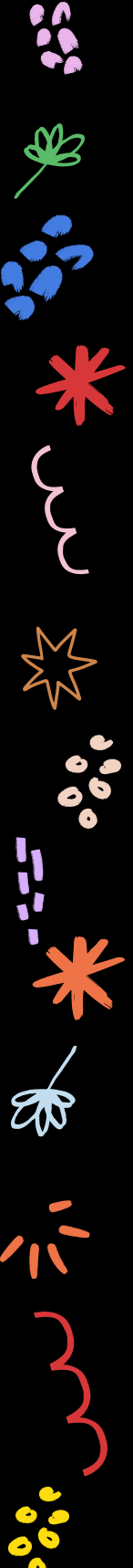
When you're ready, hit  on the Field Notes page to return here to home base. Journey on!

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ADVENTURE #1

SIGNED, SEALED, DELIVERED



Is your email inbox overflowing with spam? And your physical mailbox is stuffed with catalogs, advertisements, and bills?

Nobody looks forward to that.

But what about a happy and unexpected surprise?

Write a handwritten letter, and mail it with a commemorative stamp.

- Who did you choose to send the letter to?
- Did you have beautiful stationery or did you use the back of a recycled sheet of paper?
- Did you have a stamp? Did you have to look up the postage rate?
- How did it feel to write? Did your hand cramp up?
- Did you make mistakes? Did you cross them out or just let them be?
- Have you recently gotten a handwritten letter in the mail?



FIELD NOTES



DONE * DATE

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ADVENTURE #2

PASSPORT, PLEASE



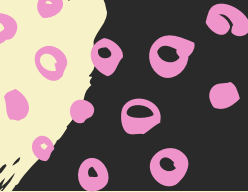
Do you have a passport? If not, what are you waiting for?

Even if you don't have plans to leave the country, you need a passport.

You never know when you're going to want to hit the road.

Doesn't matter if you want to go on a little vacay or want to get the hell out of Dodge. You don't want to be scrambling to get a passport at the last minute.

- If you do have a passport, do you know where it is?
- Check the expiration date of your passport. Has it expired? Is it about to?
- Set an alarm for the expiration date on a digital calendar. Give yourself plenty of time to renew.
- Take a photo of your passport and store the picture in a secure area on your phone and online in the cloud.
- Share your passport number with an emergency contact person. Because you never know...



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ADVENTURE #3

IT'S LIVE!



Are you an opera buff? Or do you prefer poetry slams? When was the last time you went to a play?

Go to a live performance you wouldn't typically go to. Maybe it's the ballet, maybe it's a jazz quartet.

Experience a type of live performance you've never been to before.

- What kind of vibe did the audience bring?
- Who were the performers?
- Did you enjoy the performance? Were you surprised?
- Would you recommend it to a friend, or were you counting the minutes until it was over?
- Did it make you think? Were you challenged?
- Do you want to try it again?



FIELD NOTES



DONE ★ DATE

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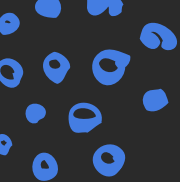
ADVENTURE #4

WHAT'S IN STORE?



Visit a type of store you've never been in before. It might be a gun shop or a pawn shop. Maybe you've never set foot in a pet store or an Asian grocer.

- Pick a store that's a first for you, and observe the shopping experience.
- Check out the goods for sale.
- What's on display? What's on special promotion?
- Take a look at the other customers. Who are they?
- Do you feel curious and intrigued, or like an alien fish out of water?
- Did you buy anything?
- Were you welcomed, or were you followed around by security?



FIELD NOTES



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ADVENTURE #5

WORK YOUR MONEY



Bet on yourself. And invest in yourself.

You work hard for your money.

Is your money working hard for you?

- Open a free brokerage account.
- It might even be better than free – the brokerage house should offer you a cash welcome gift for opening an account. Instant profit!
- Choose a cheap but solid brokerage like Schwab, Fidelity, or Vanguard.
- Beware of apps and unregulated companies that charge a hefty service fee for holding your money.
- In addition to opening your account and seeding it with bonus buck\$, your new brokerage should give you a free checking account.
- And you should also get a debit card where they refund all bank charges from all ATMs.



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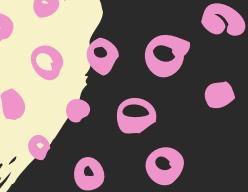
ADVENTURE #6

WORK YOUR MONEY —HARDER!



It's never too late to start. And it's never too early to start.

- Up your financial literacy. Watch and read reliable advisors about investment strategies for the season of your life.
- Check out influencers like Rachel Rodgers, Tiffany “The Budgetnista” Aliche, Bola Sokunbi’s “Clever Girl Finance,” and Michelle Singletary.
- Ask your brokerage firm if they can make investment suggestions. Just make sure they're not biased and pushing investments that are profitable for them, but not the best for you.
- If they can make suggestions or not, be sure to take a look at their free research reports.
- Regularly invest a set amount of money into the market at predetermined intervals.
- Decide how much you can comfortably commit to. It could be \$1 every month or \$1000 every month. Doesn't matter.
- Time and compound interest are your best friends.



FIELD NOTES

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ADVENTURE #7

TIMEOUT



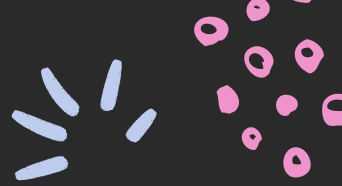
Everybody needs a midday break. A time for mindful renewal and rejuvenating.

Try some options for recharging that are cheaper than Red Bull and better for you than another Starbucks.

- Add a midday break to your calendar.
- Ruthlessly protect that time, and honor its importance.
- Don't double-schedule or manage to forget about the time that you're saving just for you.
- Take five minutes at your desk for deep breathing or a seated yoga stretch session.
- Push back from the screen, move, and energize your day.
- Even better, get up and walk around outdoors.
- Enjoy some quiet time to write down a list of reasons to be grateful and remember how beautiful life is.



FIELD NOTES



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ADVENTURE #8



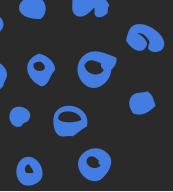
WHAT'S IN YOUR BUCKET?

In your heart, there's a list of new experiences that you yearn to try and places you ache to explore.

Your bucket list of fabulous adventures you long to enjoy before you kick the bucket.

The good news is you don't have to be at death's door before you start living your dreams.

- Take out a piece of paper and write down your bucket list.
- Your soul will speak to you of places you fantasize about, and activities you dream about.
- Write them down.
- Now it's time for action.
- Today, start working on one goal on your bucket list. What's one small step you can take towards checking an item off of your bucket list?
- Make it a tiny step. Then take that step. And another. And another.



FIELD NOTES



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ADVENTURE #9

PAUSE BEFORE PURCHASE



Online shopping makes impulse purchases so easy.

Whether it's an email about a store sale or a cute top you see on Instagram, there's practically no barrier between seeing something online, clicking, and buying it on the spot.

But there's a problem. It's other people deciding for you how to spend your money, how to shape your future.

It's time to fight back. Hold up. Be strong.

Add mindfulness to your online buying.

- Before you buy something online, give yourself a cooling-off period.
- Let whatever must-have item sit in your online shopping cart, lonely, unattended, and neglected for 24 hours.
- Take a moment, consider your goals, and revisit the purchase the next day.
- After 24 hours, do you still have the urge to buy? If so, go for it. But if not, take the money you were about to spend and transfer it to your brokerage account. Invest and grow your money.



FIELD NOTES



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ADVENTURE #10

WHEN NATURE CALLS



The Japanese call it shinrin-yoku – “forest bathing” – when you immerse yourself in nature and mindfulness and emerge feeling refreshed and energized.

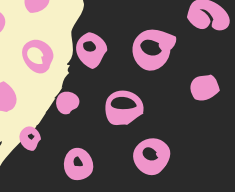
There's no need to hike into the heart of a forest.

A casual walk in a park, a stroll by a river, or any area where you can absorb nature energy will do.

Forest bathing reduces stress, improves sleep, and can even lower blood pressure.

When was the last time you refreshed your body, mind, and soul by simply being outdoors?

- Go into nature and let it heal you.
- Pay attention to the miracles of the natural world, from the microscopic to the gigantic.
- Feel the deep power of your connectedness.
- Did you emerge revitalized and grateful?
- Did you hug a tree?



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ADVENTURE #11

AN IMPOSSIBLE ASK



How many times have you regretted not asking someone for what you wanted?

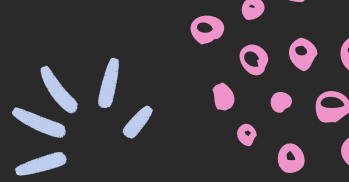
Maybe you were held back by fear of rejection, embarrassment, playing small.

But this time, it'll be different.

- Think of something you want and think of someone you want to ask. Make it a stretch ask, an outrageous ask, an impossible ask.
- Then do it. Ask.
- Getting a "No" won't kill you. And it might even make you feel emboldened and stronger to make your next impossible ask.
- And think how good it would feel to get a "Yes!"
- Don't be the one to stand in the way of your dreams. You never know until you try. And try again.



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ADVENTURE #12



WOMAN OF COLOR

Colors are light. Colors reflect. Colors communicate.

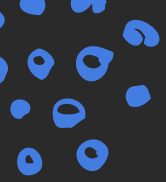
From calming blues to raging reds, color can produce strong emotional reactions.

Are you in a color rut? Do you wear the same color clothes all the time?

Wear a color that's not in your usual wardrobe. You might have to find a new piece of clothing or a scarf to get that color vibration.

But try wearing a new color and notice how you feel wearing it.

- What nonverbal messages are you sending by the color of your clothes?
- What signals are you transmitting to your own eyeballs and to the people who see you?
- How do you feel when you wear certain colors? Do you feel energized, invisible, depressed, happy?
- Are there colors you're drawn toward and colors you avoid?



FIELD NOTES



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ADVENTURE #13

WHAT'S COOKING?



You don't have to travel to another country to experience a different culture.

You can do it right in your own kitchen.

And the best part is, you don't have to stand in line at the airport or worry about lost luggage.

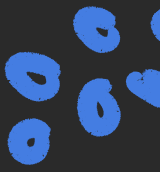
Just find a recipe, and start exploring.

Bon voyage!

- Pick a destination you've always wanted to visit.
- What's the most common breakfast in that part of the world? Google it.
- Gather your ingredients, and get to cooking.
- How was breakfast? Did you enjoy the menu?



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ADVENTURE #14

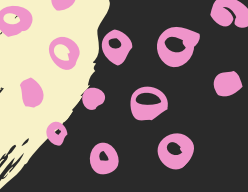
GET NAKED



Nothing is as liberating as being in your skin and only your skin.

With no clothes on, you can appreciate your precious body with wonder and gratitude.

- Spend a day clothing-free. Or even a morning or an hour.
- What sensations do you feel on your skin?
- What is your relationship with your naked body?
- Do you feel comfortable and relaxed? Critical and embarrassed?
- No matter what, no judgment.
- The skin is the body's biggest organ.
- Enjoy the skin you're in.



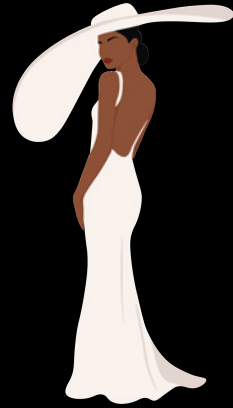
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ADVENTURE #15

GET DRESSED



Deep in the back of your closet, there's an outfit that's been waiting for a special event.

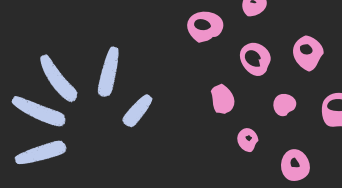
You know, the outfit that's so amazing, that's so spectacular, that there's no occasion worthy of it.

It's been waiting for a miraculous moment, and so have you.

What if that special occasion is a new day on Earth?

- Put on that outfit.
- It doesn't matter if you're going to the car wash or to the dentist. Today's the day to wear the outfit.
- Did you feel fabulous wearing your special clothes?
- Are you going to put the outfit into your regular rotation because every day is a worthy event?
- What other clothes are lurking in your closet, waiting to go out on the town? You don't have to wait for the Met Gala.

FIELD NOTES



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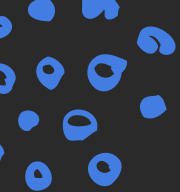
ADVENTURE #16

FOOT FETISH



Your feet connect you to the Earth. They need your loving attention.

- Warm up some sesame oil, coconut oil, or even olive oil.
- Carefully transfer the warm oil to a squeezable bottle.
- Add some of your favorite essential oils if you like. Maybe lavender for relaxation or grapefruit for a pick-me-up.
- Take your time and massage the warm oil into your feet.
- Gently dig the knuckles of your hand into the achy soles of your feet.
- Squeeze each toe and give it its due. Don't neglect the space between your toes.
- After your feet are massaged and happy, wipe them off with a fluffy towel.
- Thank your feet for taking you everywhere you've been and for all the adventures yet to come.



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ADVENTURE #17

BE THAT ASSHOLE



Because you're not on this Earth to make other people feel comfortable.

- Piss somebody off today.
- You don't have to accommodate everybody. You shouldn't try to accommodate everybody.
- Be an asshole. Be that person who's not going to move out of somebody else's way.
- Be that person who's not going to give up a seat because someone else expects you to, because society expects you to.
- Stand your ground, and don't give away your space in this world.
- Say no. Say no, you can't do it. Say no, you won't do it.
- And say yes to yourself.

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ADVENTURE #18

SELF PORTRAIT

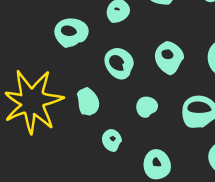


You've probably seen enough photos and selfies to think you know what you look like.

But do you really?

- Grab a piece of paper and a pencil.
- Set a timer for 20 seconds.
- In those 20 seconds, draw your self-portrait.
- Don't look at a mirror.
- Were you surprised by what you drew?
- Is your self-portrait recognizable?
- Which of your features stands out the most?
- Feel free to try again with another self-portrait. You've got 20 seconds.

FIELD NOTES



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ADVENTURE #19

LIBRARY OVERDUE



Do you have a library card?

You can get one online or in person.

Some libraries let you get cards even if you don't live in the community.

- Get a library card if you don't have one.
- Look at all of the activities and events the library offers.
- From books to movies, classes and speakers, health screenings to career advice, libraries are a treasure trove of knowledge and fun.
- Download a book or a movie. Or even downloadable artwork. No need to worry about late fees – the library will electronically snatch back any content you've downloaded after time is up.
- Visit your local library in person, and see what they have going on.
- Talk to a librarian. Ask them what events they're most excited about.



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ADVENTURE #20

AFTER THE END



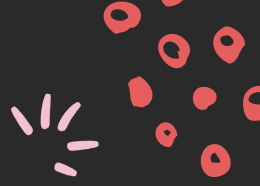
All good things must come to an end.

And that includes you.

- How do you want to make your ultimate exit?
- After you die, do you want a life celebration filled with flowers and music? Or maybe a quiet meditation outdoors.
- Whatever it is, write it down and share it with the people you know will carry it out.
- Don't do it just for you, but also for the friends and family you're leaving behind.
- Sharing your final wishes will make it easier for your loved ones to know what you wanted.
- And it's gentler on them, too. They'll know that they're making you happy at a time that's likely emotional for them.
- Do it for them. Do it for you. But do it. And make sure someone knows in advance.



FIELD NOTES



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ADVENTURE #21



IS IT GOOD TO BE HOME?

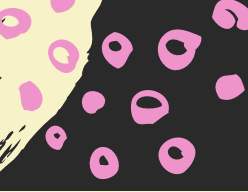
Think about how you're cleaning your home.

Are you adding toxins that might smell good and get the job done fast, but are – toxic?

Or are you using ingredients that promote your overall health and support planetary well-being?

Lots of harmful or health-questionable products can easily be swapped for ingredients that don't hurt you or your family. Or the Earth.

- Got a sweet squeaky door? Ditch that petrochemical WD-40 and instead try olive oil in a spray bottle. Squeak gone!
- Baking powder with white vinegar can scrub, freshen, and go a whole lot farther than that not-so-fabulous purple liquid cleansing stuff.
- Experiment and see how you can clean without poison.
- Your body will thank you. And so will the planet.



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ADVENTURE #22

IN CASE OF EMERGENCY



Who dials telephone numbers from memory anymore?

If you're calling close friends or family, you're probably hitting a speed dial number you've programmed on your phone.

But do you know the telephone number in case of an emergency?

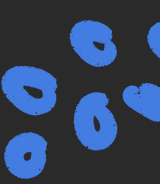
You might need to reach someone or tell a responder the phone number of your emergency contact.

If only you could remember it...

- Memorize your emergency contact person's phone number.
- Bonus points if you also memorize their address.
- And it doesn't hurt to memorize a second person's number. In case of an emergency...



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ADVENTURE #23

WHO DO YOU THINK YOU ARE?



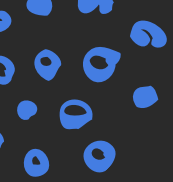
How do you show up in the world? What are the qualities that the people closest to you appreciate about you?

Do you see your special talents and characteristics?

Maybe you've got a blind spot. Maybe you're standing in your own shadow.

Time for a reality check.

- Ask five friends, colleagues, or people who know you well to describe you in three words. Just three words. Best to do it by email to give them space.
- It might feel embarrassing, awkward, or weird to ask. But do it anyway. You'll get over it.
- Were there unexpected answers?
- Were there common threads in the responses?
- Do you feel the truth in what they said? Do they get you? Or do you feel misunderstood?
- What did you learn about yourself?



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ADVENTURE #24

THE EYES HAVE IT



They say the eyes are the mirror of the soul.

Explore someone's soul with this powerful adventure.

Make sure to have some tissues nearby.

- Look into a loved one's eyes.
- It could be someone else's eyes, or it could be you looking at your own eyes in the mirror.
- Take off glasses if you can
- Set a timer for one minute. Sixty seconds.
- Hold the gaze without looking away.
- What did you see?
- What did you see that you weren't expecting to see?
- What did you feel?
- Did the tissues come in handy?

FIELD NOTES



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ADVENTURE #25



PHOTO WALKABOUT



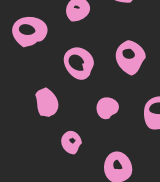
Do you walk around your neighborhood, seeing the same sights and yet not seeing them at all?

With everyday familiarity, it's easy to stop appreciating the magic.

- With your camera as your guide, explore your neighborhood and notice things you might usually overlook.
- Pick a theme for inspiration. The theme could be a color, an object, or a shape. Turquoise, hats, spirals, puddles. Whatever you choose.
- Walk around your neighborhood taking pictures inspired by your theme.
- At the end of your walking tour, you'll have your own curated photo gallery.
- Did you discover any patterns?
- What did you see with fresh eyes?



FIELD NOTES



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ADVENTURE #26

GIVE IT UP



If you dropped a penny on the ground, would you stoop down to pick it up?

Maybe not. Probably not. Not without Purell handy.

But what if it was a \$5 bill? Would you pick that up?

\$5 isn't a lot of money, what with inflation and all. But it's enough to buy a Big Mac, depending on where you live. Not quite enough for round-trip subway fare in NYC for most riders.

But \$5 is enough to be noticed.

- Walk up to a total stranger and offer them a crisp \$5 bill.
- How did you choose who to give the money to?
- How did you feel about approaching them?
- How did you feel about giving your money to a total stranger?
- How did they react? How did you react to their reaction?



FIELD NOTES



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ADVENTURE #27

MAKE THAT CALL



You know that person. The one you've been putting off contacting.

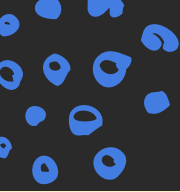
You've wanted to call them, or email them, or slide into their DMs.

Maybe you want to say I miss you or I love you or I'm sorry or I want to get to know you.

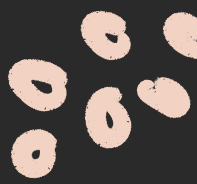
But you've held yourself back.

Well, not today.

- Write that note, make that contact. No excuses, no overthinking, JFDI. Just Fucking Do It.
- Count to 5 and jump into the cold water. There's no turning back.
- Whew! Congrats! How do you feel now?
- Do you feel lighter as the weight of blocked energy melts away?
- Do you feel badass and brave — because you are?
- You've made your bold move.
- What happens next?



FIELD NOTES



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ADVENTURE #28

ON THE OTHER HAND



Yes, or no. Should I stay, or should I go?

Decisions.

When there's no obvious right answer, decisions can be hard to make.

In a state of confusion, you might feel stuck at a crossroads, trying to decide how to decide.

What if the clarity you seek is right at your fingertips?

- Get a piece of paper and a pen.
- Hold the pen in your dominant writing hand. (Are you a righty or a lefty? They say that 10% of the population is left-handed. Are you one of them?)
- Think about the question you're grappling with. Write the question down.
- Meditate and sit with the question for a bit.
- When you feel ready, transfer the pen to your non-dominant hand, and write the answer to your question.
- What insights did your non-dominant hand share with you?

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ADVENTURE #29



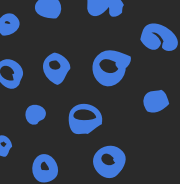
BE LAZY

Feeling tired and uninspired?

Like you don't want to do anything other than binge-watch Netflix and order in pizza?

Respect your intuition.

- Pick a day to celebrate laziness.
- Own your sloth, and enjoy not doing a damn thing you don't want to do.
- Be lazy, and embrace all of that indulgence, guilt, and opportunity.
- You don't have to do shit because today is a day to be lazy and wallow in it.
- How lazy are you? Are you so lazy that you didn't write your lazy day on your calendar because that would require too much effort?
- Did you judge yourself for being lazy? Did anyone judge you?
- How did it feel? Do you want to do it again?



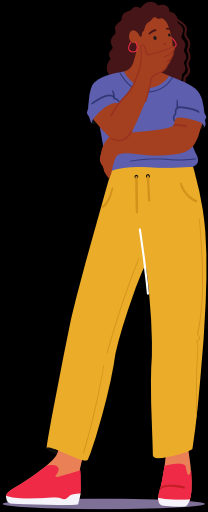
FIELD NOTES



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ADVENTURE #30



COINCIDENCE?

The universe is always talking to you.

Have you ever had an experience where you're thinking about someone or something, and then out of the blue they show up in your life?

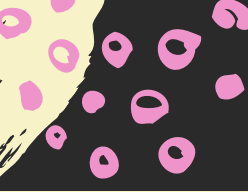
Or maybe you keep seeing a repeated number or symbol or object?

Or you dream about something or someone that all of a sudden shows up in your real awake life?

Don't shrug it off or dismiss it as "just a coincidence."

What if there's a message for you?

- During your day, look for synchronicities – meaningful coincidences – big or small.
- Did you have a time when your intuition was suggesting something to you, maybe quietly or maybe with the subtlety of a brick upside your head?
- Did you hear what the universe was saying to you?



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ADVENTURE #31

WATCHING YOU



Chances are, somebody on the internet is tracking you.

It could be a person, a company, or hackers eager to sell your personal information on the dark web.

Someone wants to mind your business. Don't let them.



Practice good cybersecurity hygiene to stay safe online – and off.

- Have your email passwords been hacked? Go to this website and find out: <https://haveibeenpwned.com>
- While you're there, check to see if your phone number has been stolen. Cell phone numbers are used to verify identity, so treat your phone number as confidential as your Social Security number. Don't give it out unless somebody absolutely needs to have it. Even if they're really cute...
- If your password or cell phone number has been compromised, change it right away.
- The most commonly used passwords are 123456 and 11111. Really? Get a password manager to make it harder for people to hack your accounts. Even better, use a passkey if a site offers them. More and more sites are.
- Keep your computer and phone operating systems up-to-date. Clean and pristine cyber-hygiene.



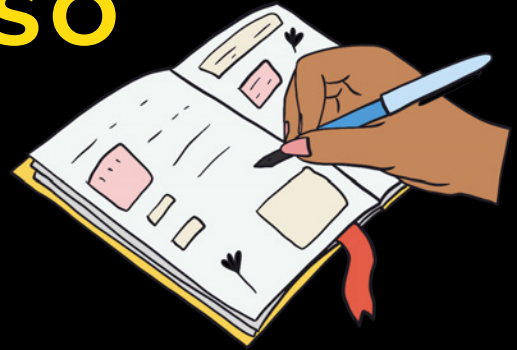
FIELD NOTES

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ADVENTURE #32

MAKE IT SO



Challenge the power of manifestation.

- In a private notebook, write down what you want to manifest. Be as clear and specific as you can.
- Envision it.
- Feel it.
- Write it down several more times.
- Read it and re-read it.
- Say it out loud.
- Give your manifestation a deadline. Tell it that it has to appear in your life by a certain date or period of time.
- Write down the deadline, and put the deadline in your calendar.
- Close the notebook, and see what happens.
- Prepare to be amazed. Were you?

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ADVENTURE #33



GLOW UP

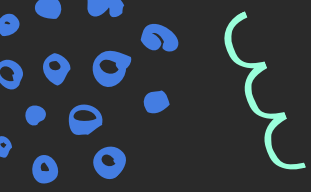
Who doesn't need a quick facial pick-me-up from time to time?

Try this easy way to glow up for any occasion. Or no occasion.

You won't find it at Sephora or Ulta.

It's closer than you think.

- Get some organic yogurt and slather it all over your clean, dry face.
- Rest for 10 to 15 minutes, then rinse the yogurt off.
- Pat your face dry and admire your radiant glow in the mirror.
- Count how many other people notice that there's something about how healthy you're looking.
- The lactic acid in the yogurt is a gentle exfoliant. But don't use it more than twice a week.
- Are you ready for your close-up?



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ADVENTURE #34



BANKING ON YOU

Banks have had a dysfunctional relationship with the Black community.

From redlining to predatory lending to inflated mortgage terms, banks have extracted billion\$ from Black consumers.

Don't let banks rob you of your future. Don't let them constrict your present reality.

- If you're paying any bank fees, you're at the wrong bank. Close that account immediately, and don't look back. There are plenty of institutions that not only don't charge fees but will pay you for the privilege of making money off of your money.
- Banks make huge profits off of credit card debt. Prioritize getting rid of any balance on a credit card. Call the bank and ask them to lower your interest rate. No harm in trying.
- Challenge each and every bank fee. Pick up the phone and call the bank if you see any fee at all in your account. Question it. Be that person who says, "I want to talk to your manager." Get rid of that fee, and then get rid of that bank.
- No matter where you land, make friends with a person who has direct access to your money. Learn their name, ask for their help, be in touch. Bankers and banking rules have a lot of flexibility and wiggle room. A personal relationship never hurts.



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A large, empty rectangular box for writing field notes. In the top right corner of this box, there is a small, simple line drawing of a hand holding a pen, ready to write.



ADVENTURE #35



OLD NEW CLOTHES



Everybody likes to look good and feel good in their clothes.

On trend, on point, and fashionably ready for Instagram.

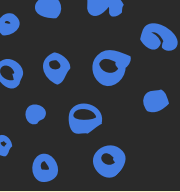
Fashion's a multi-billion dollar industry.

What's the impact of buying clothes – on the planet, on your wallet?

Explore the creative potential of curating your closet.

Express yourself within the challenge of no new clothes.

- Can you go one whole year without buying new clothes? Start off month by month, or week by week.
- Tap into your originality by shopping your closet and working with clothing items that you already have.
- Did you discover some gems in your closet?
- Did you put together some creative fits that express your unique style?
- Has your bank account appreciated a buying break?



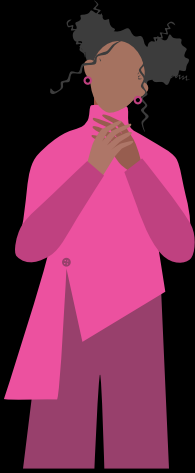
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ADVENTURE #36



FORGIVE YOURSELF

You're always doing your best.

Even when you choose not to do your bestest best, because that's where you are.

It's the best for you at the time, all things considered.

So forgive yourself.

Forgive yourself generously. Forgive yourself lavishly.

You're always doing your best. So give yourself a break.

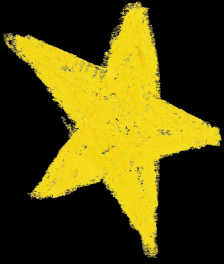
- What can you forgive yourself for?
- What does forgiveness look like?
- What does forgiveness feel like in your body?
- Is there any resistance to cutting yourself some slack and receiving that grace?
- You forgive family and friends. It's time for you to forgive you.

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ADVENTURE ∞



CELEBRATE YOURSELF



Congratulations! You've completed a journey of adventures.

An exploration into boundaries and self-care.

Self-definition and self-exploration.

YOU DID IT!

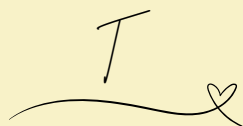


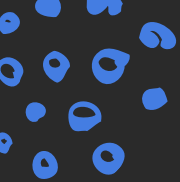
Take a moment to appreciate everything you tried, every step you took outside your comfort zone.

Think back to the beginning of your journey:



- Which adventures were easy for you?
- Which adventures were tough? Maybe you didn't complete them. Or maybe you didn't attempt them.
- What did you learn about yourself while adventuring?
- What has changed in your life since you've become a bold, Black woman adventurer?
- How do you plan to celebrate your badassery and adventurous spirit? It's gotta be something big and bold that you've never done before.
- But you know you can do it. And so do I.





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A Gift for the Road

Back in the day, before I headed out on any travel adventure – from a cross-country road trip to an international flight – my mother always sent me off with a box of fried chicken.

Only as I got older did I learn the cultural significance for Black folks.

Did any of your travel journeys begin with a box of fried chicken, too?

This might be the end of the journal, but the adventures don't stop here!

As a special thank-you for joining me on this journey, please scan the QR code below to receive a surprise to inspire your next self-care adventures!

It's not a box of fried chicken, but it's offered in the same spirit of support, encouragement, and love.



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May your path always shine bright
and your North Star be true!

 Tizda

PS: Enjoyed the journal? Please leave a review to spread the word – you just might inspire someone else on their journey!

