

**SNEAK  
PEEK!**

**SELF-CARE  
ADVENTURE  
JOURNAL**

for

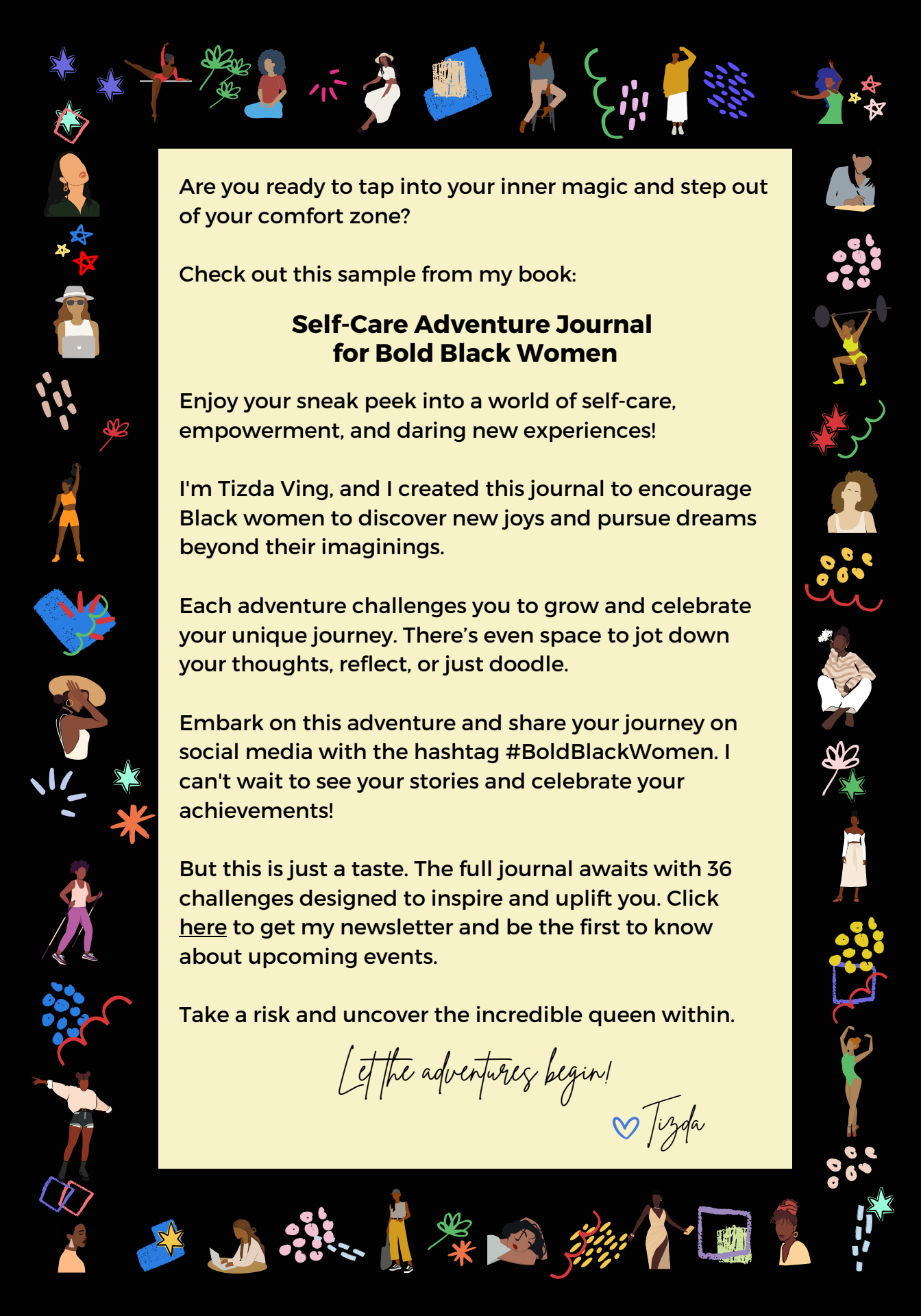
**BOLD**

**BLACK  
WOMEN**

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

**TIZDA VING**





Are you ready to tap into your inner magic and step out of your comfort zone?

Check out this sample from my book:

## Self-Care Adventure Journal for Bold Black Women

Enjoy your sneak peek into a world of self-care, empowerment, and daring new experiences!

I'm Tizda Ving, and I created this journal to encourage Black women to discover new joys and pursue dreams beyond their imaginings.

Each adventure challenges you to grow and celebrate your unique journey. There's even space to jot down your thoughts, reflect, or just doodle.

Embark on this adventure and share your journey on social media with the hashtag #BoldBlackWomen. I can't wait to see your stories and celebrate your achievements!

But this is just a taste. The full journal awaits with 36 challenges designed to inspire and uplift you. Click [here](#) to get my newsletter and be the first to know about upcoming events.

Take a risk and uncover the incredible queen within.

*Let the adventures begin!*

♥ Tizda

## 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?



## 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?



# 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.





# **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.



## 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.





# INSIGHTS





Ready for More Adventures?

## Self-Care Adventure Journal for Bold Black Women

I hope you were surprised by what you learned about yourself and enjoyed some unexpected experiences!

The full-color journal is packed with 36 challenges designed to motivate, exhilarate, and empower.


Stay updated on the book and other exciting news.



## Claim your potential. Own your bold.

[www.boldblackwomen.com](http://www.boldblackwomen.com)





# Hi! I'm Tizda!

Do you enjoy the thrill of taking on challenges and exploring new adventures? I sure do. It's not always easy, and it's not always comfortable, but it's always worth it.

In my adventuring, I've thrived as a professional dancer, investment banker, pioneering cyberlawyer, entrepreneur, and wheelchair-rolling activist. I lived in Japan at the base of an active volcano. (The view was gorgeous, and the rent was cheap!)

I created this journal to encourage Black women like me shatter assumptions, conquer challenges, and fearlessly claim our power.

Join me on this journey as we bust boundaries, explore new experiences, and support each other every step of the way!

Share your journey on social with the hashtag **#BoldBlackWomen**



*Tizda*