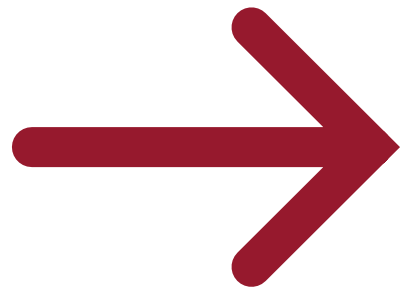


# HOW TO LOVE 2024



Never underestimate the  
power of small habits

Pick any three cards, they are starting points of what you want to do more of in 2024. Stick them above your desk, bathroom mirror, on your phone. It takes 60 days to form a new habit... pick more when you are ready.

**SAGITTA**

**Talk nicely to  
yourself**

**Remember your  
dreams**

**Take a walk**

**Let go of what  
you can't control**

**Dream big**

**Trust your gut**

**More hugs**

**Get yourself  
a snack**

**Take a deep  
breath**

**Tea time**

**Notice the little  
things**

**Slow down**

**Dance it out**

**The good cry**

**Make a list**

**Tidy up**

**Stretch**

**Never turn down  
a glass of water**

**Smile often**

**Read more  
books**