

PASSIONS + PLEASURES

checklist

You can create the luxurious life you've been craving, and this checklist is the perfect place to start.

I've included ideas in many categories because a Ripe, Wild, and Fierce life is multi-faceted and balanced.



FOOD PLEASURES

- Chocolate
- Sipping a cup of coffee or tea
- A delectable small dessert
- Croissants
- Baking a delicious dish
- A glass of champagne
- A fabulous glass of wine
- French macarons
- A nourishing meal
- Anything salty or savory
- Snacking with delight

FUN + PLAY

- Dancing
- Being with girlfriends
- Playing a sport
- Being at the beach, mountains, desert
- Body movement: yoga, weights, pilates
- Traveling for fun and adventure
- Walking, biking or hiking
- Exploring something new
- Experiencing laughter

IN THE SENSES

- Reading a great book
- Listening to music or a podcast
- A candlelight dinner
- Dinner naked in front of the fire
- A luscious, relaxing bath
- Connecting to nature
- Watching a movie
- Being in all five senses
- Taking a nap

INSPIRATIONS

- Flowers, gardens, arrangements
- Watching a sunrise or sunset
- Getting massaged
- Listening to an inspiring speaker
- Personal development
- Attending a great seminar/ event
- Poetry, especially Rumi
- Connecting deeply with your lover

PERSONAL EXPRESSIONS

- A great dress
- Wearing great underpinnings
- The perfect outfit
- Manicured nails

LOVED ONES

- A soulful conversation with a partner
- Looking deeply into the eyes of your lover
- Heartfelt connection + intimacy
- A spiritual connection

BEING

- Quiet time
- Solitude and time for me
- Being organized
- Clearing my mind
- Reflection

PROFESSIONAL

- Owning my femme power
- Using my voice
- Unapologetic authenticity
- Being the BossBabe I know I am

CULTURE

- Visiting art museums
- Seeing opera, theater, concert
- Volunteering at a favorite charity
- Sharing wisdom

FEMININE

- BEing
- Receiving
- Being Ripe, Wild and Fierce
- Loving myself

I Make Time

My passions and pleasures:

Want support to have more of what you love in your life? I'm here to guide you!

Click Here to Join the Free Private Facebook Group:
The Unleashed Feminine Collective



SUSAN ELIZABETH

LIVE BEAUTIFULLY + LEAD POWERFULLY

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