



15. NOURISH YOUR SOUL

When was the last time you did something you deeply enjoyed? Something just for YOU and for literally no other reason than... to have good old FUN? :)

Your soul is longing for some "play time" right now. You can raise your vibration and become so much happier in general by incorporating self-care into your life on a regular basis!

You probably know this already, but clearly, your soul wants to remind you that self-care is all about doing things that bring meaning into your life; ideas that make you feel excited, curious, fulfilled, and ones that put you in the beautiful state of FLOW.

Making sure your favorite people and hobbies are a regular part of your life will feed your soul and connect you to the divine in the fastest and funnest way possible!



[Ask Your Soul Message Cards \(Small Version\)](#)

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