

# Activity Guide

## Finding Your Voice

Here are ideas for activities you can do for yourself, along with how to confidently tell your partner about them:

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### Go to the Gym / Exercise

**How to say it:** "I'm heading to the gym for an hour. Exercise helps me feel strong and clear-headed."

**Follow-up if needed:** "This is time I need for my health, and I'm making it a regular part of my routine."

### Take a Walk or Go for a Hike

**How to say it:** "I'm going for a walk to clear my mind and get some fresh air."

**Follow-up if needed:** "Getting outside helps me reset and is really good for my mental health."

### Join a Class (Yoga, Art, Dance, etc.)

**How to say it:** "I've signed up for a [yoga/art/dance] class. It's something I've always wanted to try, and I'm really looking forward to it."

**Follow-up if needed:** "This is a way for me to grow and explore new things. I'm excited to focus on something that's just for me."

### Meet Friends for Coffee or Lunch

**How to say it:** "I'm meeting up with some friends for coffee. It's important for me to spend time with them and stay connected."

**Follow-up if needed:** "Maintaining friendships is something that matters to me, and it helps me feel more balanced."

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## Take a Solo Day for Self-Care (Spa, Massage, etc.)

**How to say it:** "I'm scheduling a day for myself at the spa. I need to unwind and recharge."

**Follow-up if needed:** "This is time for me to relax and take care of myself, which I don't do often enough."

## Spend Time Reading or Journaling

**How to say it:** "I'm going to spend some time reading/journaling. It helps me clear my mind and reflect."

**Follow-up if needed:** "This quiet time helps me reset, and I need it to stay centered."

## Join a Book Club or Group

**How to say it:** "I've joined a book club. It's something I enjoy and it's a great way to meet new people."

**Follow-up if needed:** "Having this time for myself makes me feel fulfilled, and it's a great creative outlet."

## Take a Weekend Trip with Friends or Alone

**How to say it:** "I'm planning a weekend trip with [friends/alone] to recharge and get away for a bit."

**Follow-up if needed:** "Having time to myself is important for my overall well-being, and I'm excited to have this experience."

## Start a Hobby (Photography, Knitting, Painting, Pickle Ball, etc.)

**How to say it:** "I'm starting a new hobby [photography, knitting, painting, etc.]. It's something I've wanted to try for a while."

**Follow-up if needed:** "This is about exploring my interests and doing something that's just for me."

## Attend a Workshop or Conference

**How to say it:** "I've signed up for a workshop/conference on [topic of interest]. It's something that excites me and will help me grow."

**Follow-up if needed:** "This is an opportunity for personal growth, and I'm really looking forward to learning something new."

## Take a Cooking or Baking Class

**How to say it:** "I'm signing up for a cooking/baking class. I love experimenting with new things and it's a way for me to relax."

**Follow-up if needed:** "This is something I enjoy and it's important for me to have hobbies that I'm passionate about."

## Volunteer for a Cause You Care About

**How to say it:** "I've decided to volunteer for [cause]. It's something I'm passionate about and it makes me feel fulfilled."

**Follow-up if needed:** "Giving back is important to me, and it helps me feel connected to a larger purpose."

## Meditation or Quiet Time

**How to say it:** "I'm going to take some quiet time for meditation. It helps me stay grounded."

**Follow-up if needed:** "I need this time to reflect and recharge mentally, and it's part of my self-care."

## Attend a Concert or Event You Enjoy

**How to say it:** "I'm going to [concert/event] this weekend. It's something I've been looking forward to for a while."

**Follow-up if needed:** "Going to events like this is something I love, and I don't want to miss out on it."