
DESIGN YOUR DAY OF DELIGHT

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1. ATMOSPHERE

Where will you spend your day? Who will you invite to join you?
What boundaries will help you enjoy it? (for example: no phone)

2. AROUSAL

What activities will bring you rejuvenation and relaxation?

3. APEX

What moment are you looking forward to most?

4. AFTERGLOW

When it's over, how will you appreciate what just happened?

