

1. Getting a regular massage.
2. Crating a change of pace and feeling pampered by getting your hair done.
3. Special spa time getting a manicure or pedicure
4. Venus night out (taking time with a support group of women only)
5. Talking on the phone to a friend about personal issues and not just work-related ones
6. Sharing a non-business related meal with friends
7. Preparing for a party and cooking tougher with friends
8. Cleaning up after a gathering with friends
9. Making it a family project to paint a room
10. Listening to your favorite music
11. Singing out loud in the shower and or taking singing lessons
12. Singing in a group just for fun
13. Taking a scented bath with soft music and candle light
14. Creating a special occasion by lighting candles at dinner
15. Leisure shopping with a friend who likes to shop
16. Vacationing with girl friend at a spa
17. Taking a low intensity aerobic class without getting out of breath
18. Getting special attention by working out with a personal trainer.
19. Joining a yoga class and not rushing off to work
20. Going out dancing with friend's or taking a dancing class
21. Easy walking for a least an hour while talking with a friend or friends
22. Anticipating a regular walk and talk with special walking buddies
23. Offering to help by preparing meals for friends with new babies
24. Offering unsolicited help by preparing meals for friends and family who are sick
25. After a warm shower finishing with cold water within a comfortable refreshing range. (When nipples become erect it is due to a release of oxytocin,)
26. Taking time to smell the roses and other fragrant flowers in the garden
27. Enjoying and arranging fresh cut flowers in the home
28. Growing and tending to a vegetable garden
29. Preparing a meal from your garden
30. Making a special dish and giving the recipe to your guests
31. Taking walks in nature away from cars and houses
32. Going camping or river rafting with a group
33. Holding a baby
34. Petting, holding and caring for a pet
35. Asking for directions when you need help
36. Asking someone to carry something for you
37. Asking for help even when it is something small but it would make your day easier
38. Browsing in book store with no agenda
39. Reading series of nonfiction books
40. Learning new recipes and sharing them with a friend
41. Taking a cooking class
42. Getting help with cooking, shopping, and house care
43. Hiring a handyman to make your life easier

44. Getting help to plan fun family activities
45. Cooking for special occasions
46. Attending and participating in a parent teacher association meeting
47. Baking bringing your favorite desserts to be sold or shared at fundraisers
48. Enjoying vacation on a warm island or breezy mountain
49. Attending live theater and concerts
50. Getting help from others to plan picnics with friends and family
51. Attending or participating in dance performances
52. Creating special occasions to look forward to
53. Sharing n a new others club or babysitting your grandchildren
54. Taking care of children in some capacity for work or for family
55. Finding opportunities to help or feed the hungry
56. Caring for and watering plants and flowers in the garden
57. Reading magazines about fashion and people
58. Attending regular inspirational or spiritual gatherings
59. Keeping in touch with friends by email, phone or cards
60. Watching your favorite TV show with a friend
61. Listening to inspirational tapes or CD's
62. Regular sharing and Venus Talks with a therapist, coach or Mars/Venus coach
63. Learning and practicing a musical instrument
64. Studying about and then visiting a new culture with a friend
65. Spending time at the beach, a river or a lake.
66. Meeting together with friends after a day of recreation
67. Enjoying wine tasting with friends
68. Peacefully demonstrating for a social or political cause
69. Going to or participating in a local parade
70. Hiring someone to help you clean house and remove the clutter
71. Offering to help a friend paint a room or work in their garden
72. Taking a class in nutrition or wellness
73. Reading poetry, writing poetry or going to a poetry reading
74. Visiting and touring an art or museum exhibit
75. Listening to an author speak at the local bookstore or library
76. Keeping a journal of your daily thoughts and feelings
77. Keeping a photo journal for each of your children
78. Creating an email list of friends so that you can easily send then recent photos and get theirs
79. Creating an email list of friends with like political views to give your support and receive theirs
80. Taking a class with a friend on painting or sculpture
81. Sharing an espresso or tea with friends
82. Making a charitable donation
83. Getting a sun tan
84. Changing your hair color
85. Buying a new outfit
86. Shopping for sexy lingerie
87. Renting and watching a romantic movie

88. Sharing a picture album with friends
89. Changing the wall color in your home and painting it yourself
90. Learning and practicing a new diet plan for better health
91. Donating your older clothes to a charity
92. Preparing a will for your children or friends
93. Driving a car that is good for the environment
94. Making artistic fruit arrangements in your kitchen
95. Preparing a special meal for a friend using your best silver, plates and napkins
96. Getting all dressed up and going out with your girl friends
97. Taking a class on flower arrangements for the home
98. Baking a cake to bring to a party or as a hostess gift
99. Asking a friend to give you a birthday party
100. Volunteering at a local hospital or hospice to help the old and dying.