

birthday celebrations

10 IDEAS TO FILL YOUR LOVE TANK

Give yourself permission to enjoy the day—and should you decide to own a birthWEEK or birthMONTH—even better. My personal belief is that you should fill your days with the people and things that bring you joy. Here are a few of my favorites.

SIMPLE PLEASURES

Oftentimes, the little things are the big things. A few of my favorites require no planning and don't cost a cent—an impromptu phone conversation with a dear friend; planning a future adventure; an afternoon nap; a good book with a log on the fire; snuggling with a loved one; an afternoon hike; and simply being in nature are good for the soul.

ROAD-TRIP

Visit a friend you haven't seen in awhile, explore something on the bucket list, or enjoy the comfort of a classic favorite. Something about a road trip clears the brain of clutter, making space for what matters. And if you are not a fan of driving, get on a plane. A change of scenery in my opinion is the quickest way to reset.

STAYCATION

Make a reservation at a local resort, a boutique you've been wanting to explore or an Airbnb. A fun or relaxing getaway that simply requires an overnight bag.

AFTERNOON POTLUCK

Casual or fancy, host a group of friends who each bring a dish. Catching up with good friends and enjoying frosty beverages with yummy bites make for a good day. If the weather cooperates and you can enjoy the adventure outside, all the better.

VOICEMAIL

Ask friends to leave a message on your voicemail. I've a dear friend who free-style wraps a birthday message to me every year. It's truly one of my favorite things. While it might sound impersonal, I send her to voicemail on my birthday, so that I have a recording of such to play throughout the year when I'm in need of a smile. It's priceless.

SPA DAY

Some view pampering as a luxury—I see it as a form of self-love, and while it may not be something to financially justify on a normal day, a birthday treat to self or with friends will surely fill your love tank.

NETFLIX BINGE

Without guilt, catch up on your favorite TV series or movie marathon.

PARTY

Big or small, at a venue or in your own backyard, gathering friends in one place can be a lot of fun. I suggest having everyone wear a name tag (yeah, a name tag) it allows people who may not know each other to comfortably mingle and not feel bad for forgetting a person's name.

GIRLS NIGHT IN

Host a pajama party, put on a face mask, watch movies, share stories, and chill! If you're of the opposite sex, or that's simply not your thing, host a poker party and enjoy a few ESPN classics. Be sure to prepare the guest room for guests to sleepover.

SELF REFLECT

Reflect on what's bringing you joy, what's not, and make adjustments. A birthday is a great time to set goals and take action.

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