

A DAY OF SIX SPLURGES

CLOTHES!

Treat YO SELF

FOOD!

Treat YO SELF

RELAXATION!

Treat YO SELF

GIFTS!

Treat YO SELF

FUN!

Treat YO SELF

INTIMACY!

Treat YO SELF

THOSE THREE LITTLE WORDS THAT
EVERYONE WANTS TO HEAR...

Treat
YO SELF



It's the best day of the year!

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Spending
LET'S PLAN OUR DAY OF

Treat YO SELF
LET'S TAKE THE
P L E D G E

TREAT YO SELF INVITE INSERTS

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On this, the _____
day of _____,

We, _____
promise to treat ourselves to a day of
spoiling and splurging without guilt
or shame. We will encourage each other
to enjoy this day and to let go of the
worries and work of everyday life.

If at any time my spouse begins to feel
as though he/she doesn't deserve this
special treatment, I will emphatically
remind him/her that he/she should not
feel badly by saying

Treat YO SELF

I will embrace and savor this day
of self-love and will support my spouse
as they do the same!

Treat YO SELF

LET'S PLAN OUR DATE OF FAVORITE THINGS WE USUALLY SAY "NO" TO AND GIVE IN TO OUR TEMPTATIONS!

CLOTHES *Splurge*

Choose your favorite outfit that you never get to wear - go comfy, elegant or anything in between!

- Fancy Ballgown and Tux
- Silky Pajamas and Robe
- Nothing at All!
- _____

FOOD *Splurge*

Think of a treat that you usually pass up because it's way too many calories or way too decadent!

- King-Sized Candy Bar
- Bakery Dessert
- Restaurant Appetizer
- _____

RELAXATION *Splurge*

Think of a way to find peace and tranquility that you don't always make time for.

- Fragrant Bubble Bath
- Manicure and Pedicure
- Spa Massage
- _____

GIFT *Splurge*

Think of a sweet gift for your spouse that they would never consider getting for themselves. It should be something they want, not something they need - this is the time to be a little frivolous!

- A Fun, New Phone App
- A Favorite Childhood Toy
- A Subscription Box
- _____

ACTIVITY *Splurge*

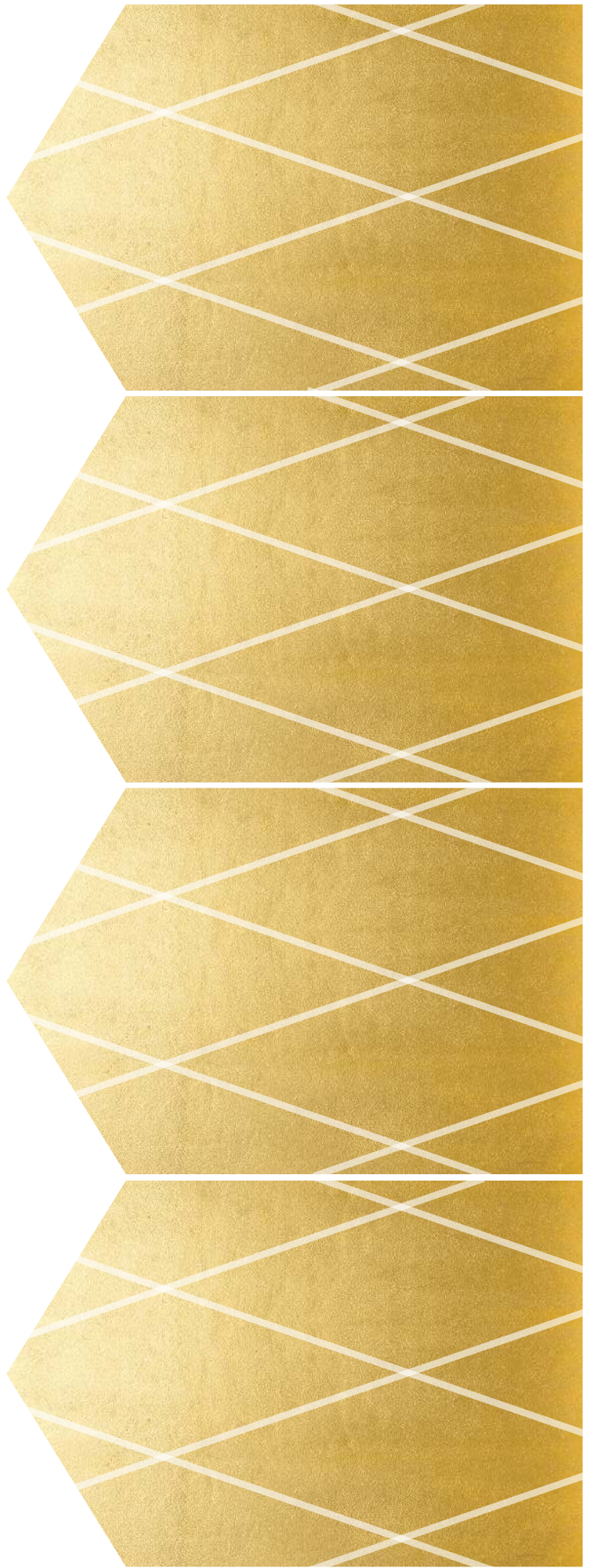
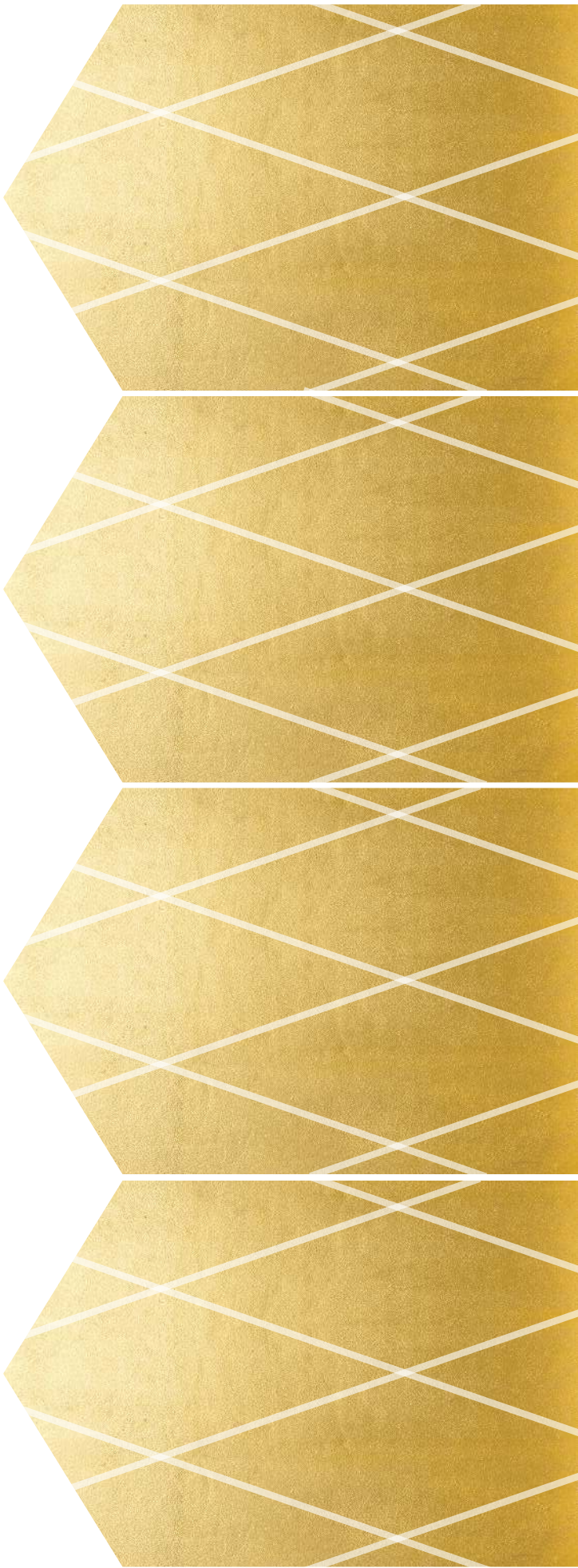
Think of something you NEVER get to do and let's make it happen.

- Quiet Reading Time
- Uninterrupted Conversation
- Double Feature Movie Marathon
- _____

INTIMATE *Splurge*

Think of a way to indulge in each other that helps you slow down and enjoy some time in the bedroom.

- Silky Sheets
- Sexy Lingerie
- Candlelight
- _____





TIARA

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CUPCAKE WRAPPERS/TREAT TOPPERS

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