

Star Sign

Self-Care



Try these self-care activities inspired by your individual sign's element. Feel free to pick and choose from throughout the list – after all, you're more than just your sun sign. Find out more in *Astrology for Black Girls*, out now!

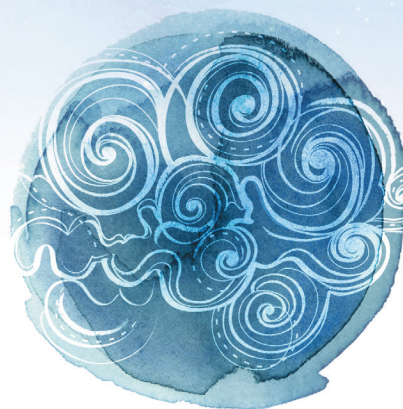


FIRE SIGNS

Aries, Leo, and Sagittarius

As a fire sign, you're an intensely passionate person who loves adventure. You have an outgoing personality and are assertive, which means you will act on things that are getting in the way of what you want. Here are a few activities that will help you discover your warm, fiery, spontaneous inner strength!

- Put on your most energetic playlist and dance the day away
- Get to know yourself better with the help of meditation
- Try out a new and exciting form of exercise: boxing, karate, or even rock climbing



AIR SIGNS

Gemini, Libra, and Aquarius

Air signs are the best communicators out of all the elements. As an Air sign, you like to think about things before you express your opinions. You may be very good at writing, and you love to be around people who are interesting and can hold good conversations. Here are a few activities that will help you learn more about both yourself and the world!

- Journal in a fun notebook
- Play a few games – video or board – with friends
- Bend it like Beckham and try your hand at yoga

CONTINUED ON NEXT PAGE →

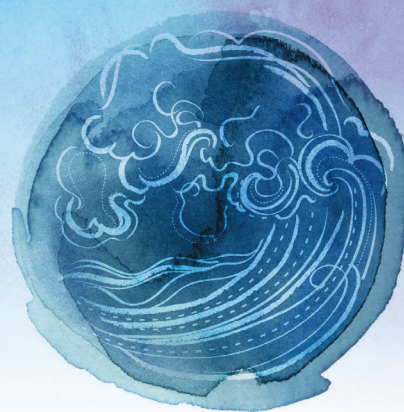


EARTH SIGNS

Taurus, Virgo, and Capricorn

As an earth sign, your down-to-earth approach to life makes you practical and able to tackle life by the guidance of your senses. You trust what you can feel, taste, see, touch, and hear, and you use your logic and what you know of the material world to make decisions. Here are a few activities that will help you stay grounded and make decisions geared towards your best self!

- Go for a walk outdoors, and don't forget to smell the flowers
- Challenge yourself to write poetry about your surroundings; find out what makes them unique to you
- Declutter your space – shift your external to facilitate peace in the internal

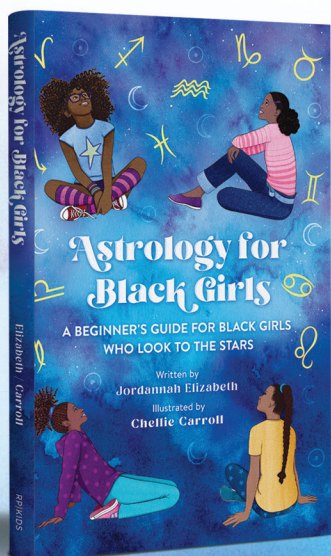


WATER SIGNS

Cancer, Scorpio, and Pisces

As a water sign, you're very sensitive and are motivated to act by what you feel. You have strong intuition, which means you can tap into what others are thinking and understand their needs without them telling you what they are. Here are a few activities that will help you tap into your feelings and bring out the best possible energy!

- Bring out your inner gourmet by making yourself a fun meal
- Take "water" sign literally and use your favorite scent to run yourself a soothing bubble bath
- Reread your favorite book – we recommend ***Astrology for Black Girls!***



Activity inspired by

Astrology for Black Girls

Written by Jordannah Elizabeth
Illustrated by Chellie Carroll

Hardcover
ISBN: 9780762478576
\$14.99

