**Fortune Teller fortune suggestions**

**Self-care**

Take a hot bubble bath

Read an inspiring book

Do a relaxing yoga posture

Make yourself a cup of tea

Take a nap

Put on a song and dance!

Take a walk

Write a journal page

**Fortune cookie style fortunes**

Good fortune is yours!  
Someone is thinking of you.  
Welcome change.  
You will have good luck today!  
Good news will come to you by text.  
New ideas could be profitable.  
Others can help you now.  
Soon life will become more interesting.

**Eight -ball style fortunes**

Yes, definitely.  
It is certain.  
It is decidedly so.  
Without a doubt.  
You may rely on it.  
As I see it, yes.  
Most Likely.  
Outlook good.  
Signs point to yes.

Reply hazy, try again.  
Ask again later.  
Better not tell you now.  
Cannot predict now.

My reply is no.  
My sources say no.

**Affirmations**

I am fun to be with

I belong

I am beauty filled

I am loveable

I listen to my heart

I am good enough

I stand tall with self-respect

I treat myself with kindness

**Mindfullness**

Peel or cut a piece of fruit and eat slowly

Apply hand lotion to your hands or feet

Light a candle and watch the flame

Breathe in, breathe out – slowly

Listen to a piece of music with eyes closed

Drink water or tea in small sips

Explore the texture of a stone or leaf or twig

Read a poem out loud, enjoying each word