

**You and your BFF's  
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**INTIMACY BEGINS IN THE KITCHEN  
GALENTINE'S EDITION**

# **GIRL'S NIGHT**

**BFFs on a Mission**

**HOLISTIC COACHING WITH SAKINAH B.**



## Welcome to a Year of BFF Dates

Relationships that are cultivated, cared for and nurtured are relationships that last.

A friend loves at all times, and a brother is born for adversity. - Proverbs 17:17

Iron sharpens iron, and one man sharpens another.  
- Ephesians 5:25

Greater love has no one than this, that someone lay down his life for his friends. - John 15:13

True friendship does not come easy. It takes time and, care, and communication to keep it healthy and strong. If you find a true friend, you have found a great thing of value.

In this book, you will find fantastic ideas and suggestions for meaningful girl's days that will strengthen and catapult your friendships and make them more profound and more meaningful.





### Tips for using this book:

- For each activity, choose friends that you know will be most interested and make the date fun and meaningful.

### Ways to prepare:

- If you have children, get a sitter in advance.
- These days are strictly for the girls.
- Purchase food or make the reservations.
- Map out where you are going to go.
- The entire week leading up to the date, build the excitement.
- Send a text with a word or phrase that only the two of you understand. The sillier the emoji you add to the text, the more memorable it will be.
- If it is a surprise get-together, leave hints about where you will go to get them to try to guess.





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### Tips for using this book:

- Remember these are merely suggestions, ideas for girls' get-togethers. Feel free to allow your imagination to run wild. Let these ideas catapult you into new ones specifically designed for you and your BFFs.
- More than anything else, have fun with this. The time you spend with them now will exponentially give you an increase for years to come.
- Have fun and happy planning.





## The Longevity of Friendship

The best friends are the ones that can stick around and live life with us.

Nothing says I value you more than looking out for the wellbeing of another. Let's start the year off right by making a friendship pact to get healthy and stay healthy.

### Tips for a successful pact:

- Pick friends with sticktoitiveness. That means they will stick with you when either of you feels like giving up.
- Seek out an area gym, or set aside time to do Youtube videos. If your friend doesn't live near, zoom with screen share is a great option.
- Seek out assistance creating healthier meals. If you ever need help, I am only a click away @sakinahbunch.com. The key is to do something, anything to move you both toward a life of better health.



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Location \_\_\_\_\_

What we enjoyed \_\_\_\_\_





## Create a Vision Board

The best friends are the ones who have vision with you.

Where there is no vision the people will perish. Friends that have a vision and are willing to share and partake in your vision with you are priceless.

### Tips for a successful pact:

- Collect magazines, glue sticks, decorative paper and items (buttons, pins, etc.), print photos and words from the internet, etc.
- Purchase a stiff posterboard and have scissors on hand.
- Invite your BFFs for a fun time of dreaming and helping each other form your visions for the future.
- Of course, snacks, snacks, and more snacks.



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## Spa Day

Not all dates need to be at night

You can choose whether you go out to a day spa, or create your own spa at home.

If you choose to create your own, here are some tips:

### Tips for your Spa Day:

- Have fun snacks on hand.
- Relaxing music playing (feel free to use the Youtube playlist from your Galentine's gift box)

### Spa (sauna at home)

- Turn the shower on high and stand in the bathroom for that spa feel.

### Pedicure

- Towels
- Basin
- Essential oils
- Scrub brush

### After your spa treatment you have your choice:

- Watch a movie
- Read a book
- Have a dance party

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## Print and frame your favorite photos

What better way to reminisce and have fun with your friends than traveling through time?

Pull out the printables, or take it to Facebook or the Cloud and print out your favorites to put into a collage or vision board.

Don't want to print out all of those photos? Create a digital collage and share it with all of your friends and family. Keep it as a screensaver, social media cover, or computer background.



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## Me Day

Me time is underrated.

The word self-care is so cliché, but the meaning behind it is vital. To be your best on your job, in your relationships, and in all aspects of life, you must take the time to tend to the one who matters the most in all of your relationships, and that is YOU.

### Tips for your Me Day:

- Think about what you most enjoy doing. Focus on that and DO IT.
- Perhaps an indoor picnic
- Bake your favorite treats
- Read a great book
- Learn something new
- Binge-watch your favorite shows

### BONUS EXTRA CREDIT

- Turn your cell phone off for an uninterrupted day of YOU!



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## Girl's Night Coloring Book Session

Bring the Calm.

Remember how soothing it was to color in your coloring books when you were a child? Bring back that feeling of nostalgia either alone or with your BFF.

### Tips for your date:

- Grab your treasured coloring pencils or crayons and your favorite books, turn the Youtube playlist on to Lo-fi, and create a time of coloring and relaxation.

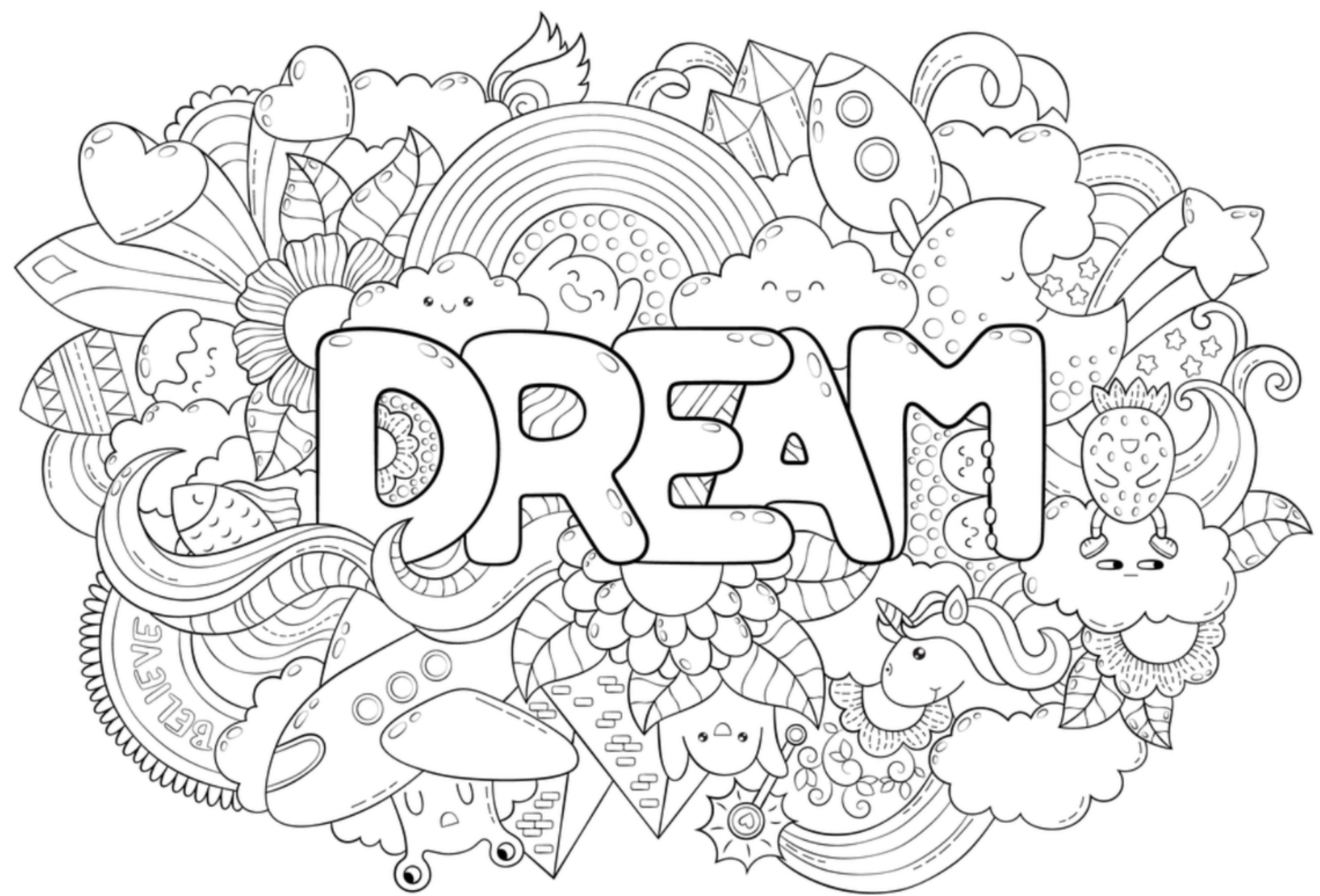
### BONUS EXTRA CREDIT

- Add some chamomile tea to the mix and diffuse essential oils to make it a true unwind session.









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## Take a Sip and Paint Class

Relationships are a work of art.

Want a girls' night that is exciting, fun, and a wee bit challenging all at the same time? A Sip and Paint class is the perfect combination. It embodies the fun and relaxation of being together with the challenge of creating something beautiful you will have for years to come.

### Tips for your Sip and Paint date:

- Don't take yourself or the project too seriously. The goal is to have fun, not to be the next Picasso or Rembrandt.
- If you don't drink alcoholic beverages, most facilities have non-alcoholic versions. But if not, BYOB. Call first to make sure that is permitted. Have fun!
- Virtual options are available.



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## Sleepover with Friends

Relationships are forged in community

Remember when you were a kid and how you looked forward to sleepovers? You got to be with your friends all night. You stayed up and talked until the sun came up, or at least you tried. Bring back a glimpse of that by inviting the girls over for an all-nighter.

### Ways to prepare for your sleepover:

- Define your sleeping arrangements. As kids, we would sleep anywhere, as adults surface matters. 😊 Make sure the sleeping areas are conducive for everyone.
- Of course, snacks, snacks, and more snacks.
- Pull out games, conversation starters, and movies. If you are going to be up all night, you better have something fun to do.

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## Karaoke with Friends

Turn everything into a song.

Sing your heart out, my friend. Whether you choose to use the song's real words or make up your own, I am sure it will be a sound to remember.

Power up that karaoke machine or turn on Youtube instrumental, and belt out the tunes to your favorite songs.

### Ways to make the jam session memorable:

- Have props for your friends to use to get them in the singing mood.
- A microphone is always helpful, even if you "choose" not to turn it on. Some of your friends may thank you for this. 😊
- Give the disclaimer - it's ok if they can't sing well. Perhaps their song is a joyful noise to someone.



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## Dine-In Movie Night

Flicks are better with your chicks.

Lights. Camera. Action. Bring the movie theatre to you. Break out the popcorn and movie snacks. What movie will be playing tonight? Will it be a chick flick? A thriller? Perhaps a Disney cartoon?

When the house lights go down and the movie lights come up, it is time to grab your snacks, snuggle under your favorite, cozy blanket, and settle in for an evening with the girls.

### Tip for even more fun:

- Make it a themed night and go to an after-hours activity that has something in common with the movie being viewed. For example, You watch "Panic Room," then you and the girls can try to find your way out of an Escape room. Search Google for the nearest **Escape or Breakout Room** near you, or create one of your own in your home.



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## Game Night with Friends

True best friends allow you to flip the table and they still love you.  
Spending time with other like-minded people feeds the beauty within you.

Nothing proves authentic friendship like game night.

### Ways to prepare for the evening:

- Get your guest list together and invite.
- Determine the games you want to play and set them out.
- Of course, snacks, snacks, and more snacks.
- Give the disclaimer - this is all fun and games. No over competitiveness permitted. We came as friends we will leave as friends.

\*Yes, in our house this is very necessary. 😊



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## Conversation Starters

BFFs are strengthened with communication.

Every successful relationship has an open line of communication. To be able to talk freely with your BFF is priceless.

Set the stage for a day or evening of in-depth dialog. Use the conversation starters that came in your Galentine's Intimacy Kitchen pack.

### Ways to prepare for the day/evening:

- Invite your friend(s) over and have snacks on hand. Don't let the snacks be too good so that the focus remains on the conversation and not the food.
- Make sure the atmosphere is welcoming and safe for open communication. If you have children, hire a sitter for the day/evening.
- Spread the conversation starters out or place them in a jar to pick which questions will be answered.
- Give the disclaimer that there is no judgment so that each of you can speak freely from the heart.



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## White Elephant Gift Exchange

BFFs are a gift.

It is the holiday season, what better time to give and receive. This, however, is not just any gift exchange.

### Rules of engagement:

- Go to [whiteelephantrules.com](http://whiteelephantrules.com) for the official rules.
- To enhance the evening, always have snacks on hand. If you don't feel like cooking, have everyone bring a snack to share.
- Play festive music to get everyone in the mood to play.
- Take plenty of pics, selfies are a must to remember the occasion for years to come.



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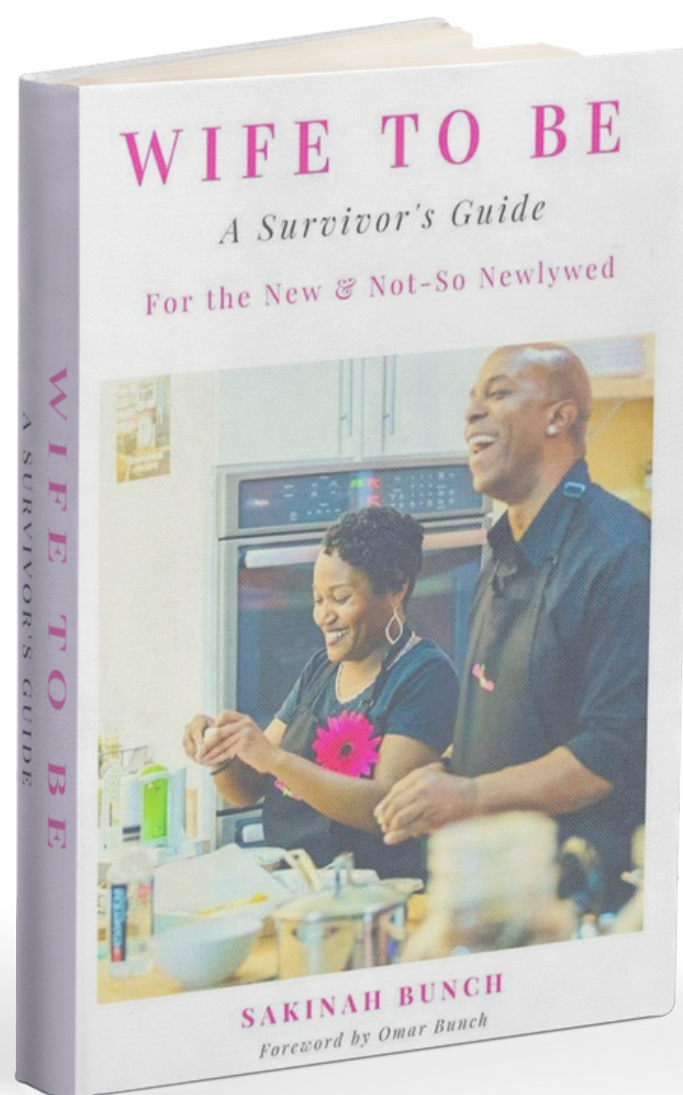
# WIFE TO BE

*A Survivor's Guide*

# COOKBOOK



**SAKINAH BUNCH**  
*Foreword by Omar Bunch*



## Wife To Be: A Survivors Guide Cookbook

It is a great companion for your BFF get-togethers and adventures. It is a cookbook that is packed with great recipes and sound wisdom for any relationship, not just marriage. It holds the keys to healthy, life-giving relationships. Get your copy today.

[sakinahbunch.shop/products/wife-to-be-autographed-books](https://sakinahbunch.shop/products/wife-to-be-autographed-books)