



101
Girlfriend
Activities

Section I: **MIND**

1. *Take Your Cue* – Follow the cues love gives you to a better life.
2. *What Are You?* – Take a personality test and find out what everyone's been afraid to tell you.
3. *Learn the Lingo* – Use the Patti LaBelle method to learn all the best come-hither phrases.
4. *The Opposite of a Bucket List is a...* – Chuck-it List.
5. *Do It By Heart* – If you can't *be* Shakespeare, the next best thing is to recite him.
6. *A Night at the Improv* – You and your girlfriends just landed on a deserted island. Go.
7. *Unpopular Mechanics* – Get in touch with your inner Mr. Fix-It.
8. *Brag Queens* – From your Girl Scout badge collection to your Nobel Peace Prize, celebrate.
9. *Mind Games* – Parcheesi, anyone?
10. *A Cinematic Journey* – Watch a foreign film (it's never a *movie* when there are subtitles).
11. *Mock Therapy* – Let your girlfriends help you cut your problems down to size.
12. *Think On Your Stilettos* – Can you speak for sixty seconds on the topic of paper clips?
13. *Brand Girlfriend* – You always knew your girlfriend would be a great pizza.
14. *A Tour to Wine About* – Stomping grapes in a wooden tub is optional. Sipping recommended.
15. *And Now For Something COMPLETELY Different* – Give your brain a dose of Vitamin *New*.
16. *Experiences of a Lifetime* – See it, feel it, smell it, hear it and then do it.
17. *Get On Board* – Picture your dreams coming true.
18. *The One-Step Program* – Evolution is easier than resolution.
19. "Friendian" *Dream Analysis* – Want to know what it means to be naked in your dream?
20. *NOT In Vogue* – Skip over *Cosmo* and pick up *Popular Mechanics* for a change.
21. *A Star is Born* – You may be a thespian.
22. *You're Such a Pollyanna* – Put on your best pair of rose-colored glasses.
23. *Money, Money, Money* – Money doesn't grow on peeves.
24. *Sing, Sing, Sing* – Sing your conversation to exercise your mind and discover new talent.
25. *The Power of Twenty* – Twenty ideas are twenty more than you had before you brainstormed.

Section II: **BODY**

26. *Move Ya Body* – It's how you trick your body into thinking you're younger.
27. *Lights, Camera, Action* – Are you ready for your fifteen minutes of fame?
28. *Brevity is the Soul of Lingerie* – A bawdy celebration.
29. *One, Two, Three, Kick* – Grab your top hats, ladies.
30. *What's Cookin', Good Lookin'?* – The more cooks in the kitchen, the better the broth.
31. *Mud Pie On Your Face* – Should you put it on your face or eat it? You decide.
32. *Girlfriend Agritourism* – Nothing immerses you like the smell of fresh produce and dead fish.
33. *Testing the Waters* – What floats your boat?

34. *Burlesque 101* – Performance at the Kitty Kat Klub to follow.
35. *Salon Surprise* – A hair-raising experience.
36. *The Girlfriend Picnic Society* – Gather your girlfriends for some el fresco wine and dine.
37. *Shades of Gray's Anatomy* – What are your vital signs?
38. *Horsing Around* – Unbridle your inner Joan of Arc.
39. *Photo Ops* – Wet your lips and make love to the camera.
40. *Dances With Bellies* – Once you learn hip circles you'll never be the same.
41. *High Time For Tea* – a.k.a., "I have a scone to pick with you..."
42. *Biker Chicks* – One of the best ways to cover a lot of ground.
43. *Watch Your Body Language* – The unspoken language that speaks volumes.
44. *Raisin D'être* – You'll never look at raisins the same way again.
45. *Arcade Olympics* – Unleash your competitive instincts on the air hockey and foosball tables.
46. *Paper Dolls* – Which fashion icon should be emulating your style?
47. *Girlfriends in the Closet* – "Do I look *phat* in this?"
48. *Tennis, Anyone?* – How can a game that begins with *love* be bad?
49. *Strike a Pose* – The more kinky you are, the more you need yoga.
50. *Raise Your Voice* – "Lalalala" your way to a stronger vocal impression.

Section III: **SOUL**

51. *A Woman's Rite* – Celebrate your womanhood with an earthy ritual. Nudity optional.
52. *Collage Life* – Let a magazine tell your story.
53. *Girlfriend Q&A* – EVERYTHING you wanted to know about each other...
54. *Childhood Excavations* – Take a trip back in time and meet the little you.
55. *I Am From...* – Express the poetic soul of your uniqueness.
56. *Moments of Meditation* – Don't just do something—sit there.
57. *To Give is to Receive* – Gift-giving from the heart.
58. *A Grave Matter* – Nothing makes you feel more alive than a visit to a cemetery.
59. *Thank You, Thank You, Thank You* – Because silent gratitude isn't worth a... thank you.
60. *Attention Walmart Shoppers* – Discover your discounted essence.
61. *Here's My Card* – A welcome spin on the dull business card.
62. *May I Have a Volunteer?* – A little help goes a long way.
63. *Philanthropia* – The utopia you discover when you give with your girlfriends.
64. *Ceremonial Purse Dump* – What does your purse say about you?
65. *Bedtime Stories* – Not just for the kiddies.
66. *A Rare Vintage* – Try a different era on for size as you discover a dress shop with a past.
67. *This CD is Me* – If you were a musical anthology what would you sound like?
68. *Fly Your Flag* – Send a few of your favorite signals on your personal flag.

- 69. *Forgive and Hike On* – Discover the art of forgiveness naturally.
- 70. *It's Easy Being Green* – Is your carbon footprint a couple of sizes too large?
- 71. *It's Still Life* – Are you a Cézanne or an Etch A Sketch®?
- 72. *Diary of a...* – Bad girls *do* keep diaries—they just have more verbs.
- 73. *Girlfriend Time Capsule* – Make a future archeologist try to figure out what a wine charm is.
- 74. *A Slice of a Different Life* – Celebrate a different way of life.
- 75. *An Act of Faith* – Celebrate a different way to the afterlife.

Section IV: **FUNNY BONE**

- 76. *Ages 8 and Up* – It's got to be easy, right???
- 77. *A Vittle Taste of Childhood* – For the immature palate.
- 78. *Masterpiece Puppet Theatre – Richard III* starring the deformed sock that lost its mate (or poisoned it).
- 79. *Girlfriend Treasure Hunt* – A good place to look for life's treasures.
- 80. *String Me Along* – Live a charmed life.
- 81. *Ms. Dress-Up* – Try on some costume foolery.
- 82. *Girlfriend Video Scrapbook* – Because surveillance shouldn't be the only video you appear in.
- 83. *Rap It Up* – Bust a rhyme divine while the girlfriends drink wine.
- 84. *Make a Face* – Literally.
- 85. *Survey Says...* – Is 5% of the population beautiful? Do some field research and find out.
- 86. *Celebrity Hobnob* – Reach out and touch someone famous—stalking is for amateurs.
- 87. *Call a Recess* – You're only a skipping rope away from being eight years old again.
- 88. *Retro TV Night* – Watch childhood favorites through grown-up eyes.
- 89. *Once Upon a Time* – Let your inner child tell a story.
- 90. *Girlfriend Multiple Choice* – How well do you know your girlfriends? Choose A, B, or C.
- 91. *Go Fly a Kite* – Make your own kite and see if it flies.
- 92. *Color Your World* – A party of a different hue.
- 93. *Standing Jokes* – “I went to a bookstore and asked the saleswoman, ‘Where’s the self-help section?’ She said if she told me, it would defeat the purpose...”
- 94. *Something of Note* – Your medium for your message.
- 95. *Make a Big Splash* – Get all wet.
- 96. *Dear Gabby* – Who has the best advice? The most useless, yet entertaining advice?
- 97. *Abracadabra* – Work your magic (sleight-of-hand isn't just for pickpockets).
- 98. *Girlfriend in the Drink* – Imagine your girlfriends in a punchbowl.
- 99. *Pop Art* – Make your very own “mess”terpiece.
- 100. *Get Under the Big Top* – Because every woman has a little acrobat in her.
- And activity 101... *Author, Author* – Write a book together.