YicK Une Activity Color Each -0m aily Walk Workowt Nap Massage Pe dicure Stretch Yoga Journal Swim Meditate Music Laugh Forgive Give Get Outside Gratitude Back

Art

set

Boundaries

Deep Breaths have Snach

COO K

Meal

Hot

Shower

Relax

Try Something

New

Drink

Wa ter

To-Do

Ven+

List

Sing

Bubble Bath

Positive Self-Talk BFFDate

a friend

Read

Bake

Go to Bed Karly

Cuddles

Take

Tidy up

Break

Goout

unplug

Ask

Heip