

EAT SOMETHING YOU
LOVE

CALL OR MEET
WITH A LOVED
ONE

LIVE
IN YOUR
VALUES

BREATHE

BE FEARLESSLY AUTHENTIC

FEEL THE MOMENTS

FIND JOYFUL
MOVEMENT

DO SOMETHING FOR
YOU TODAY

SET BOUNDARIES

BE CURIOUS

TAKE A BREAK

DO ONE THING AT A TIME

PRACTICE A SMALL MOMENT OF
GRATITUDE

SPEND TIME OUTSIDE

