



- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Create an Easy To-Do List          | <input type="checkbox"/> Mini-Road Trip        | <input type="checkbox"/> Morning Routine       |
| <input type="checkbox"/> Create a Worry Journal             | <input type="checkbox"/> Shopping Trip         | <input type="checkbox"/> Coloring              |
| <input type="checkbox"/> Do a Creative Project              | <input type="checkbox"/> Meal Prep / Planning  | <input type="checkbox"/> Do Some Research      |
| <input type="checkbox"/> Go on a Writing Journey            | <input type="checkbox"/> Time Block Your Week  | <input type="checkbox"/> Make Yourself a Treat |
| <input type="checkbox"/> Write a Letter to Your Future Self | <input type="checkbox"/> Set Realistic Goals   | <input type="checkbox"/> Cup of Tea            |
| <input type="checkbox"/> Read Your Favorite Book            | <input type="checkbox"/> Use Your Imagination  | <input type="checkbox"/> Photo Art             |
| <input type="checkbox"/> Spa Day / Night                    | <input type="checkbox"/> Journal Entry         | <input type="checkbox"/> Say Something Nice    |
| <input type="checkbox"/> Go for a Nature Walk               | <input type="checkbox"/> Work on Your WIP      | <input type="checkbox"/> Mirror Time           |
| <input type="checkbox"/> Call a Friend                      | <input type="checkbox"/> Read a Self-Love Book | <input type="checkbox"/> Take a Nap            |
| <input type="checkbox"/> Write a Letter                     | <input type="checkbox"/> Sleep Routine         | <input type="checkbox"/>                       |
- 

Notes

