

Learn a

New Skill

Draw or Paint



Walk in Nature



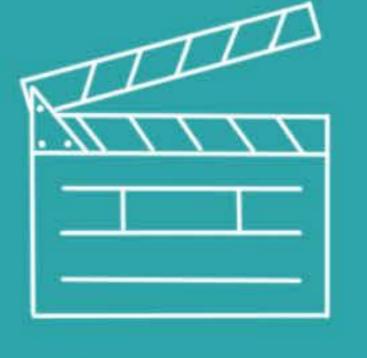


Create a
Routine for
Yourself





Make a
Cup of Tea



Watch a Movie



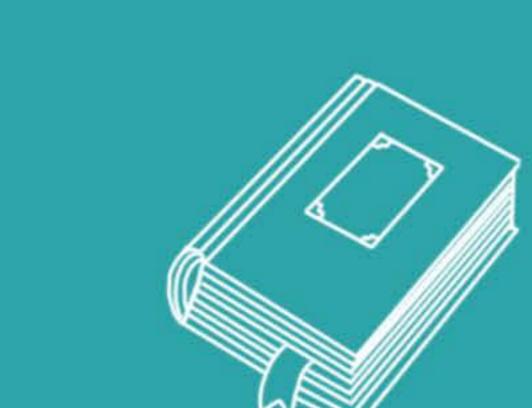
Take a Nap



Play a Game

Meditate





Read a Book

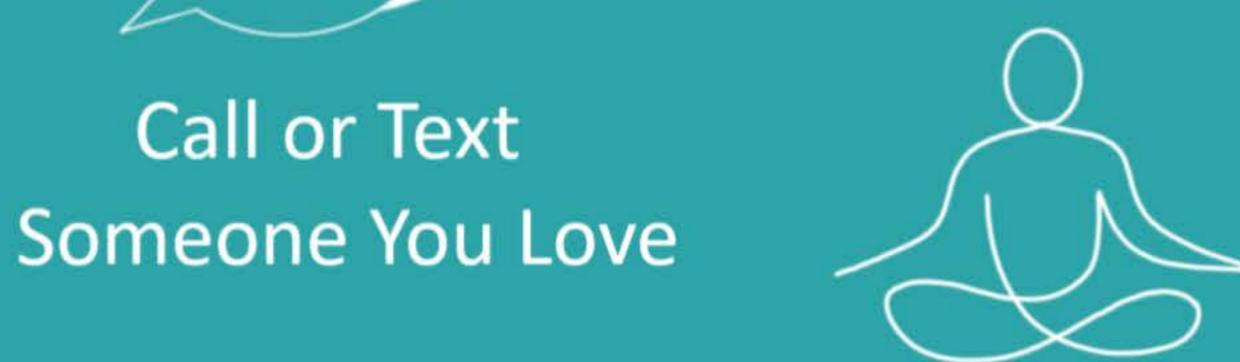


Bake

List the things you're Grateful for



Do a Puzzle





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**
ISOTTOPIA
foundation



Start a Journal



Y
O
g



Take a Bath

