

GIVE YOURSELF A DAMN BREAK

Practice self-care by doing things you actually enjoy

Use this space to brainstorm fun things you "keep meaning to get around to." Then, revisit these pages for ideas whenever you need to recharge your batteries. Don't forget to check off completed list items!



TV SHOWS I'VE BEEN MEANING TO WATCH:

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MOVIES I STILL HAVEN'T SEEN:

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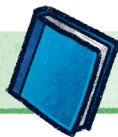
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BOOKS I WANT TO READ FOR FUN:

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RESTAURANTS I'D LIKE TO TRY:

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PEOPLE I HAVEN'T TALKED TO IN A WHILE:

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THINGS I'D LIKE TO LEARN:

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Create your own:

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