



how TO  
be a  
good friend  
(to myself)



eat whole family  
size bag of chips  
(because I can)

get boba and sit  
by the water @  
the park to cheer  
me up!

clean your room  
declutter space  
declutter mind

think nice thoughts



take a break



from thinking

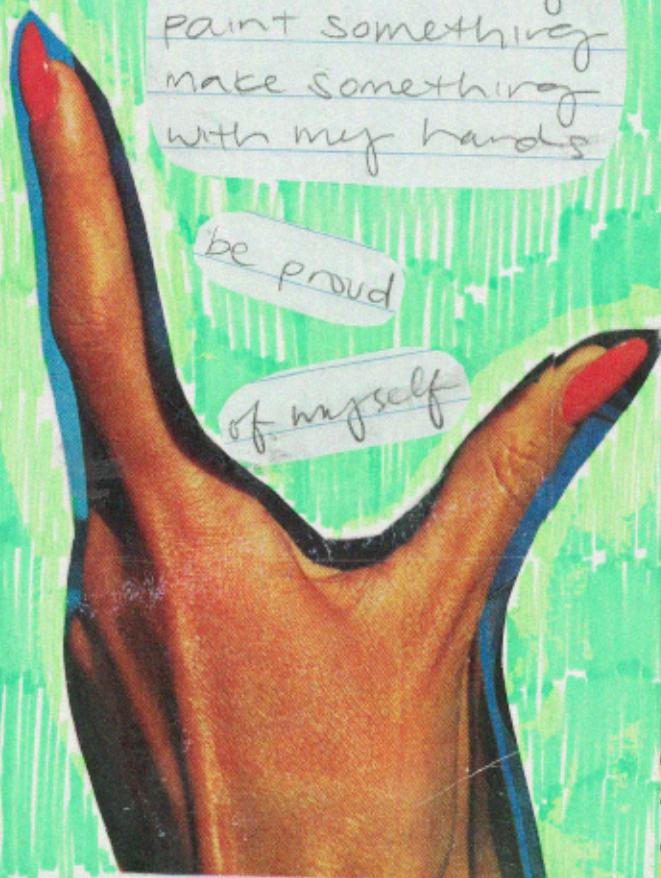


don't think too much

remember that I am capable

draw something  
paint something  
make something  
with my hands

be proud  
of myself



dinner remember

drink water light a candle cook



is best

to do

skin care routine

consistency

give myself at least  
an hour to lay in  
bed and do nothing

go on a drive,

run errands

dance alone in my  
room to 2000s bangers  
before bed to wind down

daily dose of friends  
face time bestie

make time to be present  
with myself, whatever  
that means, whatever  
I need in the moment

answers to by  
-and then w  
While demor  
expressions  
es unseen  
ts for a para

of Hindu legends and dawg  
use to  
text  
and  
wear,  
ans o  
frien  
ind I

The surf clo

e some graft  
from local cr  
bo island, ob  
or abandon  
I might be w  
mildereate.

aborts, all  
rowering the

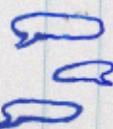
sleep in a

little   
  
longer 

appreciate  
the full  
moon

buy myself  
something  
nice

look forward



talk to  
myself 

watch  
the  
sunset

dye my  
hair



