

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
facetime bestie

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

sleep in a
little
longer



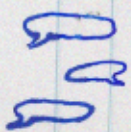
appreciate
the full
moon



buy myself
something
nice



look forward



to the weekend



talk to
myself



watch
the
sunset

dye my
hair

