selfcare

Take care of yourself this week

- Write down 3 things you are grateful for
 Brain dump
- \Box Buy yourself some flowers
- \Box Write down how you're feeling
- ☐ Take some deep breaths
- Take a break from technology
- \Box Do a random art of kindness
- \Box Get some fresh air with a short walk
- ☐ Watch something funny
- Read a book

