

DAY 1



IN ONE WORD

my mood in colors:



today's Plan

TODAY I'M GOING TO BE

- WILD
- ADVENTUROUS
- PEACEFUL
- ENJOYING THE MOMENT
- ALL OF THE ABOVE...

DAILY SELF-MAINTENANCE

- SCHEDULE A MASSAGE
- SCHEDULE A DATE WITH A GOOD FRIEND
- MAKE TIME FOR SOMETHING I'M PASSIONATE ABOUT
- OTHER: -----

*Be you.
That's all.*



my hashtag for today:

#

TRY NEW

- COLOR
- FLAVOR
- OTHER: -----

ONE THING TO SMILE ABOUT:

#reminder



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#MY_COFFEE_BREAK_SHAKE

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Happy TO DO.

- ★ Go watch the sunset from a place I've never watched it before.
- ★ Taste a new flavor.
- ★ Find a stupid reason and go out for a 15 min. switch-off-walk.
- ★ Make one spontaneous decision a day.
- ★ Say "no" to something I should have said no to, a long time ago.
- ★
- ★

Notes

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Happy TO DO.

on my coffee break

-  Schedule a massage
-  Schedule a walk-&-a-coffee date with a good friend.
-  Make a list of things I always wanted to do but never make time for.(*).
-  Choose one, and schedule to do it this week
-  Shake up my playlist with new music and one podcast about something I'm interested in.
-  Send flowers (for no special reason) to someone meaningful in my life..
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#MY_COFFEE_BREAK_SHAKE



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Happy **TO DO.** LISTS

things I always wanted to do but never
make time for:

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#MY_COFFEE_BREAK_SHAKE

