



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.

#MY_COFFEE_BREAK_SHAKE



Happy TO DO. LISTS

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

#MY_COFFEE_BREAK_SHAKE



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...

Be you.
That's all.



TRY NEW

- COLOR
- FLAVOR
- OTHER:

DAILY SELF-MAINTENANCE

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

my hashtag for today:

#

.....

ONE THING TO SMILE ABOUT:

#reminder

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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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