

GIVE YOURSELF A DAMN BREAK

Practice self-care by doing things you actually enjoy

Use this space to brainstorm fun things you "keep meaning to get around to." Then, revisit these pages for ideas whenever you need to recharge your batteries. (Don't forget to check off completed list items!)



TV SHOWS I'VE BEEN MEANING TO WATCH:



MOVIES I STILL HAVEN'T SEEN:



BOOKS I WANT TO READ FOR FUN:



RESTAURANTS I'D LIKE TO TRY:

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____



PEOPLE I HAVEN'T TALKED TO IN A WHILE:

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____



THINGS I'D LIKE TO LEARN:

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

Create your own:

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____