

painting
turn off the TV
listening to my jams
do something you love
wellness
reading a book
travel
survival
travel
jack and coke
taking time for myself
routine
health shopping spree running
doing what you enjoy
seek peace and serenity
balance
give yourself attention
balance
doing crafts
live in the present
starbucks
reading
wine
dancing
balance
enjoy outside
walking
relaxing
playing guitar
bath
sitting
laughing
in the present
listening to 70's music
garden
put yourself first
being happy
yoga
morning coffee
spa
sitting in the sun
taking a pause
going for a walk
self love
adult cocktails and snacks
days
focusing on self care
prioritize self
exercise
praying
talking to a friend
time to think clearly
hair appointments
look for humor
taking a break
taking a pause