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Self C	ort	

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		The state of the s		r premius de la compa

Helped

Read for fun

Watched a movie

Ate chocolate Danced

someone Tooka

Breathed deeply

24 hrs social media free

Listened to music Called an old friend

Played a game

nap

Exercised

FREE SPACE

Did a

Consulting Firm

Colored or

Journaled

Did nothing

Ate fruit

Prayed

Hugged

someone

Practiced gratitude brain dump Drank Went outside

sketched Lita candle water

Hung out with a pet