Talk to someone	30 min learning new skill	Do homework when it is due	Read for 30 minutes	Listen to music
Brainstorm problem solvers	Stretch your muscles/yoga	Make a schedule	30 min outside	Start with hardest task
Watch your favorite show	Ask for help w/ a problem	Favorite hobby	Find laughter	Spend time with a friend
Healthy snack not junk food	Positive affirmation	Do something creative	Make a TO DO list	Avoid procrastination
Sleep for 9 hours	Color or draw	Write in a journal	Deep breathing	Exercize 30 min 3x/week

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Watch your favorite show	Ask for help w/ a problem	Start with hardest task	30 min outside	Avoid procrastination
Deep breathing	Spend time with a friend	Favorite hobby	Listen to music	Positive affirmation
Brainstorm problem solvers	Do homework when it is due	Make a schedule	Make a TO DO list	Talk to someone
Healthy snack not junk food	Color or draw	Stretch your muscles/yoga	Do something creative	Read for 30 minutes
Sleep for 9 hours	Write in a journal	Exercize 30 min 3x/week	30 min learning new skill	Find laughter

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Spend time with a friend	Make a TO DO list	Color or draw	Deep breathing	Do something creative
Avoid procrastination	Exercize 30 min 3x/week	Brainstorm problem solvers	Favorite hobby	Talk to someone
Healthy snack not junk food	Sleep for 9 hours	Make a schedule	Ask for help w/ a problem	Stretch your muscles/yoga
Watch your favorite show	Positive affirmation	Write in a journal	30 min outside	30 min learning new skill
Find laughter	Start with hardest task	Read for 30 minutes	Do homework when it is due	Listen to music

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