

Take time to do absolutely nothing ?????????	Bake yourself something ?????????	Eat a chocolate ???? (cheat day ????)	Smile to yourself ????	Go to bed before 11:00 pm ????
Cook yourself a meal you like ????????? ?????????	Take conscious deep breaths ?????????	Play a game ????	Be proud of yourself ????	Self-groom ????(other than showering ????)
Take a nap ????	Walk 10 000 steps ?????????	Tell your baby you love them	Buy yourself something you wanted ????	Exercise ????????? ?
Feel the rain on your skin ????	Stretch ????????? ?	Get something productive done ?????????	Eat breakfast ?????????	Have a full 8 hour sleep ????
Eat a fruit ??? ?????	Buy yourself take-out ?????????	See the moon ????	Watch an episode of something you like ????	Drink 2 litres of water ?????????

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