

Play a  
video  
game.



Go for a  
walk.



Play a  
board  
game.



Plan a  
fantasy  
vacation.



Make a  
vision  
board.



Look  
through  
old  
photos.



Facetime  
or call a  
family  
member.



Work  
on a  
puzzle.



List 3  
huge  
goals in  
detail.



Take  
silly  
selfies.



Plan a pay  
it forward  
in your  
area.



Build a  
fort.

