

	Fresh Air	Yoga	Rest	Nourish	Spread Joy	Serve Others	Have Fun	Take Walks	Play	Heal
Row Name	Take 1 Slow Flow Class	Say No to Something you don't want to do	Take 1 Slow Flow Class	Cook a Vegan Meal	Take 1 Slow Flow Class	Donate to a charity	Take 1 Slow Flow Class	Walk 5 miles continuous	Take 1 Slow Flow Class	Take a Salt Bath with Lavender
Row Name	Take 1 Power Flow Class	Say yes to something you're scared of doing	Take 1 Power Flow Class	Clean out 1 closet in your home	Take 1 Power Flow Class	Visit with a neighbor	Take 1 Power Flow Class	Walk 3 miles continuous	Take 1 Power Flow Class	Take a drive and listen to your favorite artist for 30 minutes
Deep Breaths	Take 1 Yin Class	Free to be	Take 1 Yin Class	Organize 1 drawer in your home	Take 1 Yin Class	Make a homemade dessert and deliver it to your favorite person	Take 1 Yin Class	Walk 1 mile continuous	Take 1 Yin Class	Soak your feet in water and vinegar
Joy	Take 1 Gentle Flow Classes	Be kind to a stranger	Take 1 Gentle Flow Classes	Enhance 1 thing in your home (examples: put up a hook or a shelf)	Take 1 Gentle Flow Classes	shovel your neighbors sidewalk	Take 1 Gentle Flow Classes	Free to be	Take 1 Gentle Flow Classes	Make a gratitude list
Deep Rest	Take 1 Slow/Restore Class	Let someone go ahead of you in line at the grocery store	Take 1 Slow/Restore Class	take a nap	Take 1 Slow/Restore Class	start an indoor herb garden or pot	Take 1 Slow/Restore Class	Find a river and take a walk along side of it	Take 1 Slow/Restore Class	Read a book
Sing	Take 10 deep breaths	Send a funny meme to your best friend	Clean underneath your bed	Clean out your fridge	Send Someone a Card of Note in the mail that you are thinking about	Make a homemade dessert and deliver it to your favorite person	Listen to a new comedian	Take a walk around your favorite local city	Play a board game with a friend or family member	Free to Be
Dream	Watch the sunrise outside	Throw away old cosmetics	Try a silk pillowcase	indulge in your favorite dessert	Free to Be	Check on an elderly neighbor	check out a new podcast	Walk to your local ice cream shop	play ball with your dog or a child for 30 minutes	Sleep in
Cuddle	Give yourself a foot massage	Free to Be	Put some fresh lavender by your bed	use your hands to create something beautiful	Take a coffee bath (run a warm bath and dump in instant coffee or a pot or 2 of brewed strong coffee and soak for 20 minutes) your skin will thank you!!	Call your mom or dad	Give yourself a pedicure	walk around the outside of your home and check your drain spouts	Watch a comedy movie	Leave a heartfelt review for a small business you love.
Smile	open all your windows for 10 minutes	Eat a meal quietly	Listen to a yoga nidra meditation when you feel tired	Try a new tea flavor with a friend	Lift some small weights for 10 minutes (use milk jugs or some canned vegetables if you don't have weights)	grab your neighbors garbage cans put them back once they've been emptied	Free to Be	walk up and down your steps 10x	Find a playground and swing on a swing for 10 minutes	Drink a cup of tea
Love Bigger	Give someone you Love (person or pet) a big heart hug and take 3 deep breaths before you release the hug	join an online class that interests you	close your eyes at bedtime and repeat a mantra or prayer as you're falling asleep	look through old photos and organize them (make sure you don't store them in your attic)	Make a cup of hot chocolate (spike it with Baileys if you want)	Offer your help to a friend in need	doodle a picture	walk and jog for 2 blocks	Have a mimosa one morning	Take a bubble bath