

PAUSE AND RESET

CHALLENGE YOURSELF WITH DAILY TASKS

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
CHECK YOUR PANTRY!	HAVE A DINNER DATE!	CLEAN! CLEAN! CLEAN!	LAUGH, FOR REAL!	REVIEW EXPENSES.	STRETCH IT OUT!	SAY THANK YOU!
A little planning goes a long way in limiting your trips to the store and saving money. Take inventory of what you have on hand, create a meal plan, and shop accordingly.	Sit down with everyone in your household and have dinner! Live alone? Set up a video call with someone you care about and have a virtual dinner date.	Disinfect every hard surface in your home. Take it one step further and wipe down your baseboards. You could even start your spring cleaning!	Do something that makes you laugh! Watch a funny movie or comedian, or prank someone you're housebound with. Get a hearty laugh going in whatever way feels good.	Review all expenses from the previous month and objectively look at where you could cut back. Start thinking ahead. Financials are stressful, so have an action plan in place.	Try an online Yoga practice geared toward tension relief, participate in a regular stretch routine, or try a foam roller. Release the tension to feel refreshed and more at ease.	Cultivating a grateful attitude and heart comes with practice. Put pen to paper or fingers to keys and get writing! You can keep it simple or dig deep. Let the feel-good vibes flow.
<p>TIP 1: Shop online and try the pick-up service.</p> <p>TIP 2: Save money: go meatless, buy in bulk, get creative and use what you have on-hand.</p>	<p>TIP 1: Zoom, Google Hangouts, FaceTime and Skype are great tools.</p> <p>TIP 2: Make it special with candles and music, or dress up a little.</p>	<p>TIP 1: Don't get overwhelmed. Take it room by room, space by space.</p> <p>TIP 2: Crank up the tunes, do a little dance, and get into it.</p>	<p>TIP 1: Reminisce with someone about a hilarious time.</p> <p>TIP 2: Smile, even if it's fake at first.</p>	<p>TIP 1: Make some phone calls to service providers and see if they can offer a better rate.</p> <p>TIP 2: Start with essentials and go from there.</p>	<p>TIP 1: YouTube and other online videos can be a great resource.</p> <p>TIP 2: Listen to your body when doing any kind of exercise.</p>	<p>TIP 1: Make it pretty, use the craft supplies you have tucked away to make a card.</p> <p>TIP 2: Check out virtual thank you cards.</p>