

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	PLAN A DINNER DATE	CLEAN! CLEAN! CLEAN!	HAVE A BIG LAUGH	REVIEW YOUR 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.	Enjoy a good old fashion sit-down dinner with loved ones at home! Live alone? Set up a video call with someone you care about and enjoy a virtual dinner date.	Disinfect every hard surface in your home. Take it a step further and wipe down your baseboards! Start your spring cleaning no matter the season!	Do something that makes you laugh. Watch a funny movie, or prank someone you're housebound with. Get a hearty laugh going in whatever way feels good.	Review expenses from the previous month and objectively look at where you could cut back. Plan ahead. Financials are stressful, so have an action plan in place.	Release tension to feel refreshed and more at ease. Try an online Yoga practice geared toward tension relief, participate in a regular stretch routine, or try a foam roller.	Cultivating a grateful attitude and heart comes with practice. Try writing (or typing). You can keep it simple or dig deep. Let the feel-good vibes flow.

TIPS TO GET YOU GOING!

<ul style="list-style-type: none"> Shop online or give pick-up service a try. Save money: go meatless, buy in bulk, get creative with what you have. 	<ul style="list-style-type: none"> Zoom, Google Meet, Skype, FaceTime are great tools. Make it special with candles and music, or dress it up with a fancy outfit. 	<ul style="list-style-type: none"> Don't get overwhelmed. Take it room-by-room. Turn up the tunes, do some dancing, and make it fun. 	<ul style="list-style-type: none"> Reminisce about a funny memory. Smile – even if you don't feel it. A fake laugh can turn into a real one! 	<ul style="list-style-type: none"> Call service providers to look into better rates. Start with essentials and go from there. 	<ul style="list-style-type: none"> Online videos are a great resource and many are free. Listen to your body when doing any kind of exercise. 	<ul style="list-style-type: none"> Make a card with craft supplies you have on hand. Send some virtual thank you cards.
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