

# PAUSE AND RESET



Let's Get Moving...Track Your Progress

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<input type="checkbox"/> TAKE AT LEAST ONE BREAK OUTSIDE	<input type="checkbox"/> EAT ENERGIZING FOODS	<input type="checkbox"/> SPEND TIME WITH LOVED ONES	<input type="checkbox"/> LISTEN TO YOUR FAVORITE MUSIC	<input type="checkbox"/> FIND A QUIET PLACE AND MEDITATE	<input type="checkbox"/> DO WHAT YOU ENJOY (READ, BAKE, PAINT)	<input type="checkbox"/> TURN OFF SOCIAL MEDIA FOR ONE DAY

..... DAILY TO-DO LIST .....

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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..... BUCKET LIST .....

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Take Care of YOU!**  
 Try these few ideas daily. How does it feel?

<input type="checkbox"/> 20-minute walk	<input type="checkbox"/> 20-minute walk	<input type="checkbox"/> 20-minute walk	<input type="checkbox"/> 20-minute walk	<input type="checkbox"/> 20-minute walk	<input type="checkbox"/> 20-minute walk	<input type="checkbox"/> 20-minute walk
<input type="checkbox"/> Quiet time	<input type="checkbox"/> Quiet time	<input type="checkbox"/> Quiet time	<input type="checkbox"/> Quiet time	<input type="checkbox"/> Quiet time	<input type="checkbox"/> Quiet time	<input type="checkbox"/> Quiet time
<input type="checkbox"/> Journal	<input type="checkbox"/> Journal	<input type="checkbox"/> Journal	<input type="checkbox"/> Journal	<input type="checkbox"/> Journal	<input type="checkbox"/> Journal	<input type="checkbox"/> Journal