

✓ Walk, Water, Stret With a soup bowl I'm having dinner with a good friend. Was already planned! Go for a walk <3 REST

Meditat Walk Write Go running, read, watch football take a walk, then some wine Stretch & Lovcraft Country

Enjoy a nice walk Exercise Yoga Pilates and meditation Making dinner and spending time outside.

★ a long walk Eat something stir fry STAROS9 PAK Vinjasa Go on a run! Start a new book Go for a walk <3

Rest Rest watch netflix and youtube A bubble bath and book

Hold the beauty of this conversation coming from several different places!

How will you take care of yourself after this event?

show myself even more self love i am going to a tennis drill (: I will reflect and rest, write and walk. Not at the same time though..

Bike ride Reading I will on a HIKE!!

karaoke go to the beach, walk, run Put my feet up on the couch and relax.

pet my dog Walk, get a little sun. breakfast for dinner! anti-racist network Netflix and my cross stitch

celebrate my sister's 30th bday. Meet with colleagues to continue developing a state-wide white A glass of wine! Order Pizza and watch Football!!

see my son after his day of school

watch a movie with my husband