



Goodbye procrastination Hello action!



JOURNAL WHAT'S GOING
ON FOR YOU



TAKE A WALK - CONNECT
WITH NATURE



GET OUT YOUR MACHINE AND
PRACTICE 1 TECHNIQUE



LISTEN TO AN UPLIFTING
PODCAST FOR IDEAS



MAKE A NON-CLOTHING
PROJECT



FOCUS ON HELPING OTHERS
- MAKE FOR SOMEONE ELSE



RESEARCH ON PINTEREST OR CREATE
PHYSICAL MOODBOARD