

Sample Copy

Brainstorming My Ideas for Healthy Fun!

Family & Friends

Call or FaceTime
Send a message on Social Media
Surprise note place in mail
Have them over or I go visit
Go out to lunch or dinner

Pampering

Take an epsom salts bath
Pedicure/Maiacure
Watch a light-hearted movie
Get a massage
Something new- store/online
Relax with a book
Listen to smooth or upbeat music
A little treat

Places to Go

Take a walk
A drive with my sweetie
Day trip to beach or stay a day
Plan a trip
Sit on the deck enjoy the flowers
Book store or Library

Hobbies

Go out and take pictures
Create a photo album
Grandkids
Make a Canva post
Write a story
Color with my gel pens

This Week's Fun List

1. Surprise note for Brody
2. Pedicure
3. Take a walk 3 times
4. Make a Canva post

Ideas to help create your own personal healthy fun!

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