Project Feel Better



- [ ] shower
- [ ] exfoliate
- [ ] face mask
- [ ] nails
- [ ] hair
- [ ] make bed
- [ ] tidy shelves
- [ ] do something crafty
- [ ] clothes on floor
- [ ] tidy desk
- [ ] watch motivational video/think of one previously watched
- [ ] go out to lounge - be with people
- [ ] eat something
- [ ] drink something
- [ ] clean out rubbish
- [ ] play music

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