

Project Feel Better

GREAT THINGS
NEVER COME FROM
COMFORT ZONES

- 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