

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