



### **Creative outlets:**

I feel the need to create something.

What kind of things can I do that would be fun and stimulating?

### **To do list:**

Life is not just about getting stuff done, but ... Are there things that I know would help me feel better if I completed?

### **Physical outlets:**

It's important to stay active.

What will I enjoy doing to help my body?



### **New things to try:**

Routine is nice, but I feel like spicing it up!  
What new things would I like to try?

### **Things to look forward to:**

Big or small, it can be nice to have things to look forward to. Don't have anything coming up? Time to plan something for myself!

### **Ways to connect with others:**

There can be some barriers to connection, but let's find a way around it. Who would feel good to connect with soon?