

## To do for MY MIND

- Take my medicine
- Read a book or magazine
- Meet with my support group
- Go to a movie
- Learn something new
- Listen to relaxing music
- Write in my journal

Today I am going to do  
a **WHOLE** lot more

## To do for MY BODY

- Go for a walk
- Ride a bike
- Eat something healthy
- Take a relaxing shower
- Clean my room
- Wear something nice
- Shave

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A **WHOLE** new list  
of things I want to do

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