

YOUR MOMENTS OF ENJOYMENT

Take the time to consider what things and activities bring you joy or after which activities you feel satisfied and happy. Self-care is about listening within and feeling what you need right now.

Tick off the activities that you would like to integrate (again) more often into your everyday life and add your own personal moments of enjoyment to the list:



Taking a (forest) walk

Reading a good book

Breakfast in bed

Crafting

Eating ice cream

Making music

Swimming

Cooking/ordering my favorite food

Taking a hot bath

Walking barefoot

Sitting by the lake

Meeting with friends

Dancing

TIP: Plan your next 3 moments of enjoyment now with a specific date and time!