

HOW TO:

Write down 5 activities on the dotted line under the 'Do' column, and 5 locations on the dotted line under the 'Where' row.

Close your eyes, take a pen or use your finger to randomly select a spot.

Do the activity at the place that was selected. Have fun!

Where
NATURE PARK
ZOO
PIRENEE

Do
PHOTOGRAPHY

Do
NATURE WALK

Do
JOURNALING



SELF CARE REVOLUTION

Where

Where

Where

Where

Where

Do

Do

Do

Do

Do

