

*daily*

- shower
- brush & floss
- eat 5 servings of fruits & veggies
- eat 2 servings of dairy
- drink 8 cups of water
- cuddle with my sweeties
- take a photo

*three times a week*

- hit the gym
- go on a walk
- read
- write a blog post

*occasionally*

(aim for 10 a week total)

- enjoy dessert
- wear something dressy
- pamper myself
- sleep in or nap
- catch up with a friend
- go on a date
- spend time with my family
- try something new
- make something
- play a game
- unplug for a while

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