

C U R I O U S P A T H S T O J O Y

T I R E D P A R T

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|---|---|---|
| <input type="checkbox"/> Reading in a Library | <input type="checkbox"/> Watch a Movie or TV Show | <input type="checkbox"/> Face Masks/Pampering |
| <input type="checkbox"/> Reading in a Cafe | <input type="checkbox"/> Make a Blanket Fort | <input type="checkbox"/> Go to the Cinema |
| <input type="checkbox"/> Listening to a Podcast | <input type="checkbox"/> Look Through Photos | <input type="checkbox"/> Curl Up with a Blanket |
| <input type="checkbox"/> Listening to Music | <input type="checkbox"/> Create a Pinterest Board | <input type="checkbox"/> Take a Nap |
| <input type="checkbox"/> Meditation | <input type="checkbox"/> Create a Music Playlist | <input type="checkbox"/> Make a Hot Drink |
| <input type="checkbox"/> Listen to an Audiobook | | |

P L A Y F U L P A R T

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| <input type="checkbox"/> Live Comedy Shows | <input type="checkbox"/> Ventriloquism | <input type="checkbox"/> Sing Karaoke |
| <input type="checkbox"/> Video Games | <input type="checkbox"/> Card Tricks | <input type="checkbox"/> Shadow Puppets |
| <input type="checkbox"/> Computer Games | <input type="checkbox"/> Magic Tricks | <input type="checkbox"/> Watch Funny Animal Videos |
| <input type="checkbox"/> People Watching | <input type="checkbox"/> Learn a Dance | <input type="checkbox"/> Dress Up |
| <input type="checkbox"/> Internet Rabbit Holes | | |

O V E R W H E L M E D P A R T

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|---|--|--|
| <input type="checkbox"/> 5-4-3-2-1 Grounding Method | <input type="checkbox"/> Hug a Pillow | <input type="checkbox"/> Call a Friend |
| <input type="checkbox"/> Box Breathing | <input type="checkbox"/> Sit with a Weighted Blanket | <input type="checkbox"/> Journal |
| <input type="checkbox"/> Declutter One Shelf | <input type="checkbox"/> Make a Done List | <input type="checkbox"/> List your little Achievements |
| <input type="checkbox"/> Sort Pens by Colour | <input type="checkbox"/> Name what you can see | <input type="checkbox"/> Take a Nap |
| <input type="checkbox"/> Swing on a Swing Set | <input type="checkbox"/> Create a Calm Kit | |

C U R I O U S P A R T

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|--|---|--|
| <input type="checkbox"/> Visit a Local Park | <input type="checkbox"/> Try a Different Cuisine | <input type="checkbox"/> Walk a New Route |
| <input type="checkbox"/> Wander a Market | <input type="checkbox"/> Browse a Bookstore/Library | <input type="checkbox"/> Explore a Hiking Trail |
| <input type="checkbox"/> Explore a Suburb | <input type="checkbox"/> Watch a Documentary | <input type="checkbox"/> Visit a Museum |
| <input type="checkbox"/> Window Shopping | <input type="checkbox"/> Visit a New Store | <input type="checkbox"/> Visit the Animals at Shelters |
| <input type="checkbox"/> Explore a Grocery Store | | |

C U R I O U S P A T H S T O J O Y

L O V I N G P A R T

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|--|--|---|
| <input type="checkbox"/> Random Acts of Kindness | <input type="checkbox"/> Donate Old Items | <input type="checkbox"/> Paint Stones with Messages |
| <input type="checkbox"/> Writing Cards | <input type="checkbox"/> Bake Something for Someone | <input type="checkbox"/> Create an Affirmation Jar |
| <input type="checkbox"/> Creating Care Packages | <input type="checkbox"/> Create a Playlist for Someone | <input type="checkbox"/> Meal Prep for Someone |
| <input type="checkbox"/> Handmade Cards | <input type="checkbox"/> Leave Anonymous Kind Notes | <input type="checkbox"/> Do Chores with Someone |

C R E A T I V E P A R T

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| <input type="checkbox"/> Cross Stitching | <input type="checkbox"/> Collage Making | <input type="checkbox"/> Paper Airplanes |
| <input type="checkbox"/> Macrame | <input type="checkbox"/> Watercolour Painting | <input type="checkbox"/> Flower Bouquet Making |
| <input type="checkbox"/> Drawing | <input type="checkbox"/> Candle Making | <input type="checkbox"/> Textured Painting |
| <input type="checkbox"/> Photography | <input type="checkbox"/> Soap Making | <input type="checkbox"/> Making Stickers |
| <input type="checkbox"/> Air Dry Clay | <input type="checkbox"/> Resin Art | <input type="checkbox"/> Make Slime |
| <input type="checkbox"/> Polymer Clay | <input type="checkbox"/> Upcycle Clothing | <input type="checkbox"/> Draw a Comic |
| <input type="checkbox"/> Pottery | <input type="checkbox"/> Colouring Books | <input type="checkbox"/> Pastels/Oils |
| <input type="checkbox"/> Baking | <input type="checkbox"/> Calligraphy | <input type="checkbox"/> Design a Book Cover |
| <input type="checkbox"/> Knitting | <input type="checkbox"/> Makeup & Hair Tutorials | <input type="checkbox"/> Design a Dream House |
| <input type="checkbox"/> Crochetting | <input type="checkbox"/> Writing Poetry | <input type="checkbox"/> Zentangle |
| <input type="checkbox"/> Embroidery | <input type="checkbox"/> Sewing | <input type="checkbox"/> Create a Podcast |
| <input type="checkbox"/> Scrapbooking | <input type="checkbox"/> Quilting | <input type="checkbox"/> Stop Motion |
| <input type="checkbox"/> Model Making | <input type="checkbox"/> Quilling | <input type="checkbox"/> Paper Mache |
| <input type="checkbox"/> Junk Journalling | <input type="checkbox"/> Embroidery | <input type="checkbox"/> Flower Pressing |
| <input type="checkbox"/> Pom-Pom Making | <input type="checkbox"/> Rhinestoning | <input type="checkbox"/> Basket Weaving |
| <input type="checkbox"/> Paper Flowers | <input type="checkbox"/> Dioramas | <input type="checkbox"/> Doodling |
| <input type="checkbox"/> Pipe Cleaner Art | <input type="checkbox"/> Balloon Art | <input type="checkbox"/> Origami |
| <input type="checkbox"/> Beading | <input type="checkbox"/> Felting | <input type="checkbox"/> Digital Art |
| <input type="checkbox"/> Jewellery Making | <input type="checkbox"/> Cardboard Crafts | <input type="checkbox"/> Book Nooks |
| <input type="checkbox"/> Paint by Numbers | | |

R E F L E C T I V E P A R T

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| <input type="checkbox"/> Journalling | <input type="checkbox"/> Read Psychology Books | <input type="checkbox"/> Reflect on you Core Values |
| <input type="checkbox"/> Writing Letters to Self | <input type="checkbox"/> Sit Quietly | <input type="checkbox"/> Write a letter to your Past Self |
| <input type="checkbox"/> Make a Vision Board | <input type="checkbox"/> Draw your Inner World | <input type="checkbox"/> Progressive Muscle Relaxation |
| <input type="checkbox"/> Record A Video for Future Self | <input type="checkbox"/> Start a List of Goals | <input type="checkbox"/> Sit Outside |

C U R I O U S P A T H S T O J O Y

F O C U S E D P A R T

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|---|---|--|
| <input type="checkbox"/> Rubiks Cubing | <input type="checkbox"/> Organising | <input type="checkbox"/> Take an Online Quiz |
| <input type="checkbox"/> Reading | <input type="checkbox"/> Coding | <input type="checkbox"/> Research a Random |
| <input type="checkbox"/> Building Lego | <input type="checkbox"/> Crosswords | <input type="checkbox"/> Topic |
| <input type="checkbox"/> Jigsaw Puzzles | <input type="checkbox"/> Sudoku | <input type="checkbox"/> Do an Online Course |
| <input type="checkbox"/> Learning a Language | <input type="checkbox"/> Solitaire | <input type="checkbox"/> Learn Sign Language |
| <input type="checkbox"/> Learning an instrument | <input type="checkbox"/> Word/Logic Puzzles | <input type="checkbox"/> Set up a LinkedIn |
| <input type="checkbox"/> Cup Stacking | | |

E N E R G E T I C P A R T

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| <input type="checkbox"/> Yoga | <input type="checkbox"/> Lifting Weights | <input type="checkbox"/> Learn a New Sport |
| <input type="checkbox"/> Stretching | <input type="checkbox"/> Cycling | <input type="checkbox"/> Mat Pilates |
| <input type="checkbox"/> Running | <input type="checkbox"/> 10 Pin Bowling | <input type="checkbox"/> Reformer Pilates |
| <input type="checkbox"/> Walking | <input type="checkbox"/> Lawn Bowls | <input type="checkbox"/> Hiking |
| <input type="checkbox"/> Thrifting | <input type="checkbox"/> YouTube Workout | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Dancing | <input type="checkbox"/> Mindful/Colour/Photo Walk | <input type="checkbox"/> Group Fitness Class |
| <input type="checkbox"/> Boxing | <input type="checkbox"/> Skipping | |

N A T U R E - L O V I N G P A R T

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| <input type="checkbox"/> Growing Plants | <input type="checkbox"/> Growing Microgreens | <input type="checkbox"/> Swing on a Swing |
| <input type="checkbox"/> Growing Herbs | <input type="checkbox"/> Watch a Sunset/Sunrise | <input type="checkbox"/> Sit in the Sun |
| <input type="checkbox"/> Planting Trees | <input type="checkbox"/> Sit by the Ocean | <input type="checkbox"/> Start a Nature Journal |
| <input type="checkbox"/> Watering Plants | <input type="checkbox"/> Cloud Watching | <input type="checkbox"/> Have a Picnic |
| <input type="checkbox"/> Hiking | <input type="checkbox"/> Stargazing | <input type="checkbox"/> Go for a Walk/Run |
| <input type="checkbox"/> Wildlife Watching | <input type="checkbox"/> Walking in Grass Barefoot | |
| <input type="checkbox"/> Geocaching | | |