



the stars



TAKE A  
COUPLE HOURS  
TO TURN OFF  
YOUR PHONE AND  
WATCH YOUR MOST  
FAVORITE, FAMILIAR  
MOST WATCHED  
AND BELOVED  
MOVIE OR  
SHOW

(OR BOOK,  
OR ALBUM,  
OR W/E)

TAKE 5  
MINS TO  
CALL, TEXT  
OR SOMEHOW  
REACH OUT TO  
SOMEONE YOU  
REALLY ADORE AND  
TRUST, EVEN IF  
ONLY TO QUICKLY  
SAY HI.



the sun

TAKE  
A  
BUBBLE BATH.  
OR ANY TYPE OF  
BATH. OR EVEN JUST A  
HOT, QUICK SHOWER.

SPEND  
A FEW  
MINUTES  
STRETCHING  
REALLY GOOD FOR A  
GOOD LONG TIME.

SET A 5-MIN. TIMER AND  
FLASH-CLEAN YOUR  
ROOM! MAKE YOUR  
BED, PICK UP  
CLOTHES, OPEN  
THE BLINDS!

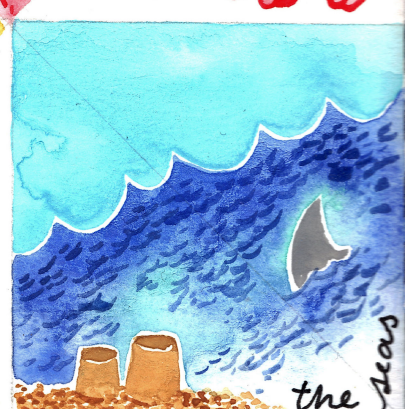
PUT  
YOUR  
FAVORITE  
SONG ON  
REALLY LOUD,  
CLOSE YOUR EYES,  
AND DANCE MADLY  
AND ENERGETICALLY  
FOR ITS ENTIRE  
DURATION - THIS  
WILL IMMEDIATELY  
FLOOD YOU  
WITH  
ENDOR-  
PHINS

PUT YOUR SHOES ON AND TAKE  
A 5-MIN. WALK AROUND  
THE BLOCK, FOR NO  
OTHER REASON  
THAN TO BREATHE  
FRESH  
AIR.

EAT  
A  
DELICIOUS  
PIECE OF  
FRUIT  
(OR OTHER  
CUTE SNACK  
OF YOUR  
CHOICE)



the earth



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