

LONELINESS & BOREDOM QUIZ

<https://www.quiz-maker.com/QI52V5N94>

BINGO

Yoga	Colour	Do a puzzle	Meditate
Learn origami	Call a loved one	Bake/cook	Workout
Read a book	Take a nap	Watch Netflix	Facetime a friend
Rearrange/redo your bedroom	Go for a walk	Paint	Write in a journal/diary

today

date:

MORNING:

03:00
04:00
05:00
06:00
07:00
08:00
09:00
10:00
11:00
12:00
13:00
14:00

PRIORITIES

EVENING:

15:00
16:00
17:00
18:00
19:00
20:00
21:00
22:00
23:00
00:00
01:00
02:00

QUOTE OF THE DAY:



ACTIVE:



WATER INTAKE:



marbleandglass

SELF CARE RESOURCES:

[Self-care Assessment Checklist](#)

[Self-Care Starter Kit](#)

[Positive Affirmations](#)