

Enter a store, eat
a sweet you have
never eaten
before.

What's your
dream vacation.
Could you reenact
some of it where
you are now?

Look at the sky for
a few minutes.
What do you see?
Describe it to
yourself.

Identify the
greenest area
around you. Go
there. Take a
break.

Enter a store, eat
a sweet you have
never eaten
before.

What's your
dream vacation.
Could you reenact
some of it where
you are now?

Look at the sky for
a few minutes.
What do you see?
Describe it to
yourself.

Identify the
greenest area
around you. Go
there. Take a
break.