

15-Minute Daily Breaks

from Screens *this* October

S	M	T	W	T	F	S
28	29	30	1	2	3	4
			Relax with a cup of your favorite tea.	Watch the sunset.	Dance in the living room to your favorite songs.	Doodle on paper.
5	6	7	8	9	10	11
Do a 15-min workout at home.	Go for a quick walk outside.	Journal in a notebook for 15 minutes.	Try a new 15-min recipe from a cookbook.	Take a quick nap.	Meditate for a few minutes.	Declutter and tidy a small area at home.
12	13	14	15	16	17	18
Make yourself a quick snack.	Close your eyes and visualize a great day.	Send a postcard to a friend.	Make a cup of coffee.	Read a chapter from a (paper) book.	Work on a paper crossword.	Work on a DIY craft project (like knitting or sewing).
19	20	21	22	23	24	25
Play an instrument.	Hold some power poses.	Try a fun no-screen activity like juggling.	Start a scrapbook with your favorite photos.	Work on a puzzle.	Do some push-ups or sit-ups.	Go for a 15-minute jog.
26	27	28	29	30	31	1
Take a quick shower.	Run a quick errand.	Try to solve a Rubik's cube.	Try a coloring book for adults.	Journal (on paper) about the month.	Write a bucket list for next month.	 Ordinary & Happy