



Simple Ways to

Treat Yourself

This Week

..... Ordinary & Happy

1	2	3
Make your favorite drink and enjoy it while listening to your favorite playlist.	Have a movie night with all your favorite snacks.	Light a scented candle while you relax in the evening.
4	5	6
Cook or order your favorite meal or dessert.	Buy yourself your favorite fresh flowers.	Go for a scenic walk and watch the sunset.
7	8	9
Visit the farmers' market or your favorite grocery store.	Put on your favorite song and just dance.	Start reading a book you've been meaning to for a while.
10	11	12
Put on your comfiest outfit in the evening.	Print your favorite photo from this year and frame it.	Try one interesting fruit you've never tried before.