50 NO-EXCUSE WAYS TO TAKE a break.

- Unbox your Winter Box and post a picture on Instagram.
- Go on a walk.
- Stay in on a Friday night.
- Be a tourist for a day in your hometown.
- Walk to a nearby mall or grocery.
- Log off social media for one day.
- Dance!
- Cook your favorite meal from FabFitFunTV.
- Call a loved one.
- Eat ice cream.
- Watch funny cat videos.
- Spend Sunday morning at your local farmer's market.
- Cuddle up with the UnHide Lil' Marshmallow.
- Stretch.
- Text an old friend.
Make a cup of hot chocolate.

Take an art class.

Watch the sunset.

Buy yourself flowers.

Write down five self-affirmations.

Read a book.

Treat yourself to dinner and a movie.

Grab a snack.

Stay in bed for an hour longer.

Get a manicure.

Chat with FFF members on fabfitfun.com/community.

Listen to your favorite tunes on the ban.do Bluetooth® Shower Speaker.

Look in the mirror and appreciate your body.

Watch your favorite TV show.

Take a warm shower.

Volunteer at an animal shelter.

Make a snowman.

Take a yoga class.

breathe

Pour yourself a glass (脱贫) of wine.

Write your goals in the in the Paper Source™ 12 Month Rose Floral Planner.

Take a bath and use the AHAVA Salt Bag.

Enjoy a hot bath and a good book.

sing

Pamper your skin with the Erno Laszlo Pore Cleansing Clay Mask.

Take a solo trip to the museum.

Go for a drive with no destination.

Watch a meditation video on FabFitFunTV.

Go on a mini shopping spree.

read

Put on a sheet mask from the Karuna set.