

Hang this list on
your desk for daily
reminders to take
a break!

WELLNESS

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 cafe.

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 farmers
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.

just be

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

sing

Pour yourself a glass (or two) 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 cup of coffee in the a.m.

Picnic at the park.

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

reads

Take a nap.

doodle

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.

Put on a sheet mask from the Karuna set.