



Walk outside



Eat Yogurt



Stretch & Pushups



Tidy 5 items

Slump Card 1



Splash Face



Tea or Coffee



15 Minute Tidy-Up



Shrimp Pasta

Slump Card 2



Shower



Run Errand



Dishes



Read

Slump Card 3



Open Windows



Oats & Honey



Wipe/Water



Journal 15

Slump Card 4



Splash Face



Egg Toast



15 min De-Clutter



Find a Podcast

Slump Card 5



10 min Stretch



Cheese, Apple & Crackers



Trash Out



Text a Friend

Slump Card 6