

Boredom Busters

make a new playlist
with a few new songs

watercolor

watch clouds on the balcony

try a new
style of meditation

3 X 3

5 5 X 10

9 X 9

make an infographic

edit

dude
hunt

steam

organize a closet

walk

cold

make a
meditation
soundtrack

soak

listen on
the balcony

4 7 8

audiobook

10 box breath cycles

mindful it: what? where? what's needed right now?

look
carefully at art

paint

walk down
to the lake

find new music