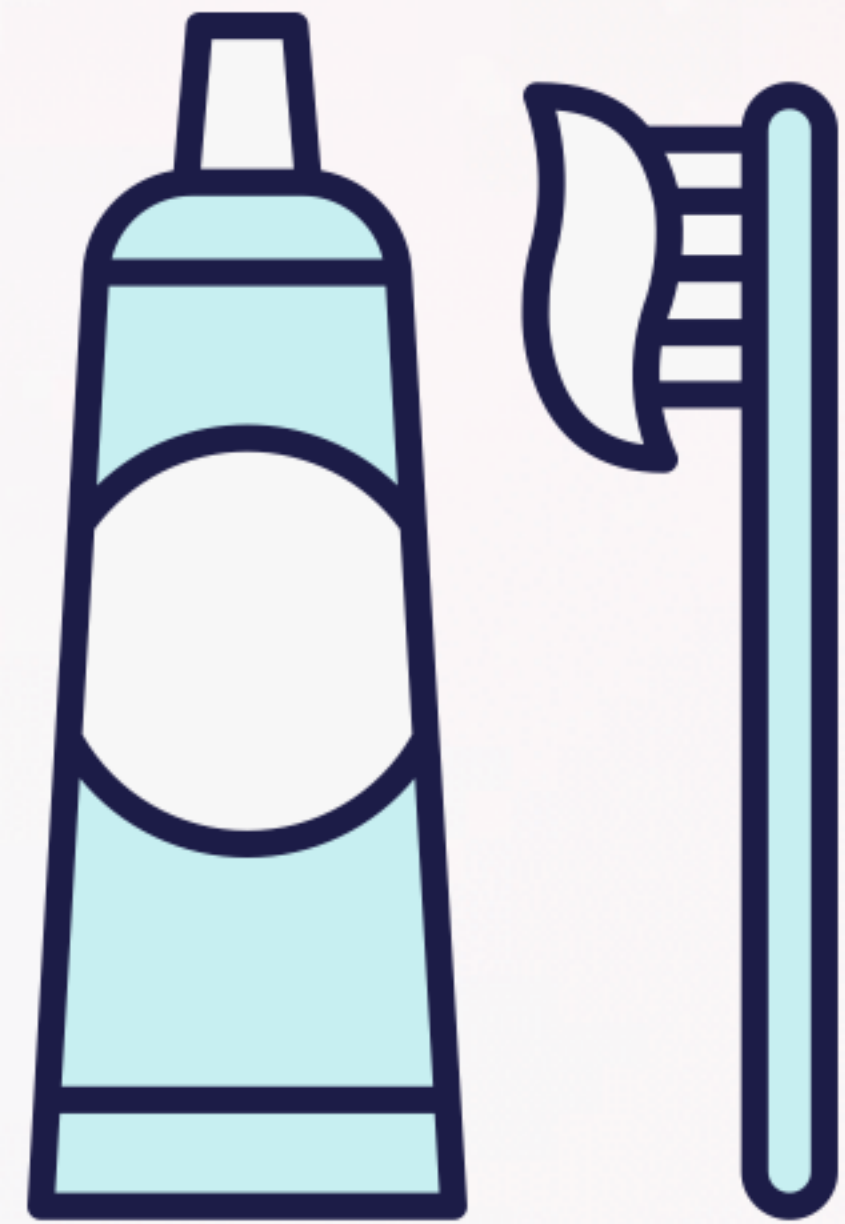
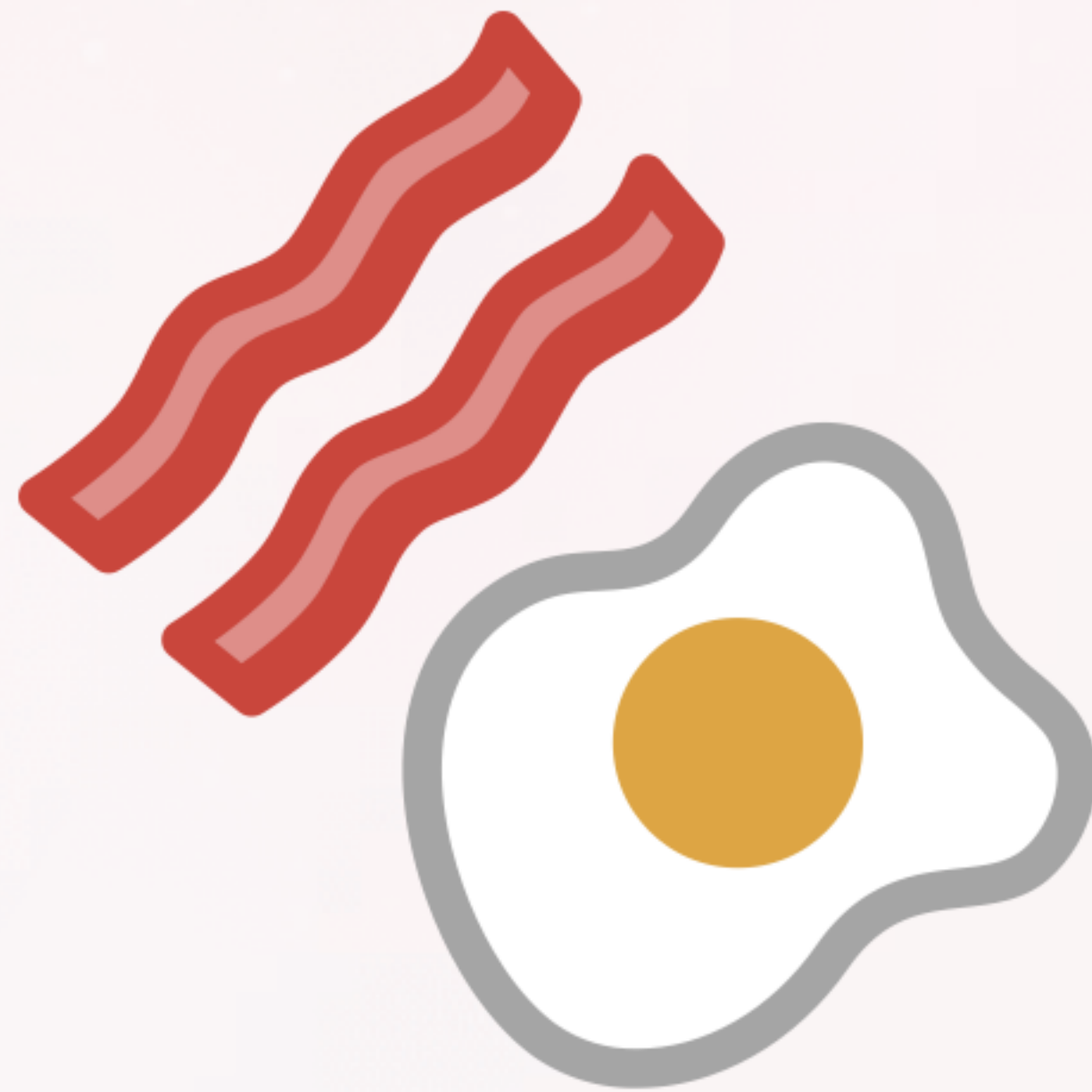


# A Light Motivational List

Life can be stressful and some days are harder than others, Sometimes, we would rather stay in bed all day. Here is a little boost of motivation to get your day started,



Brush Teeth



Eat



Meds & Vitamins



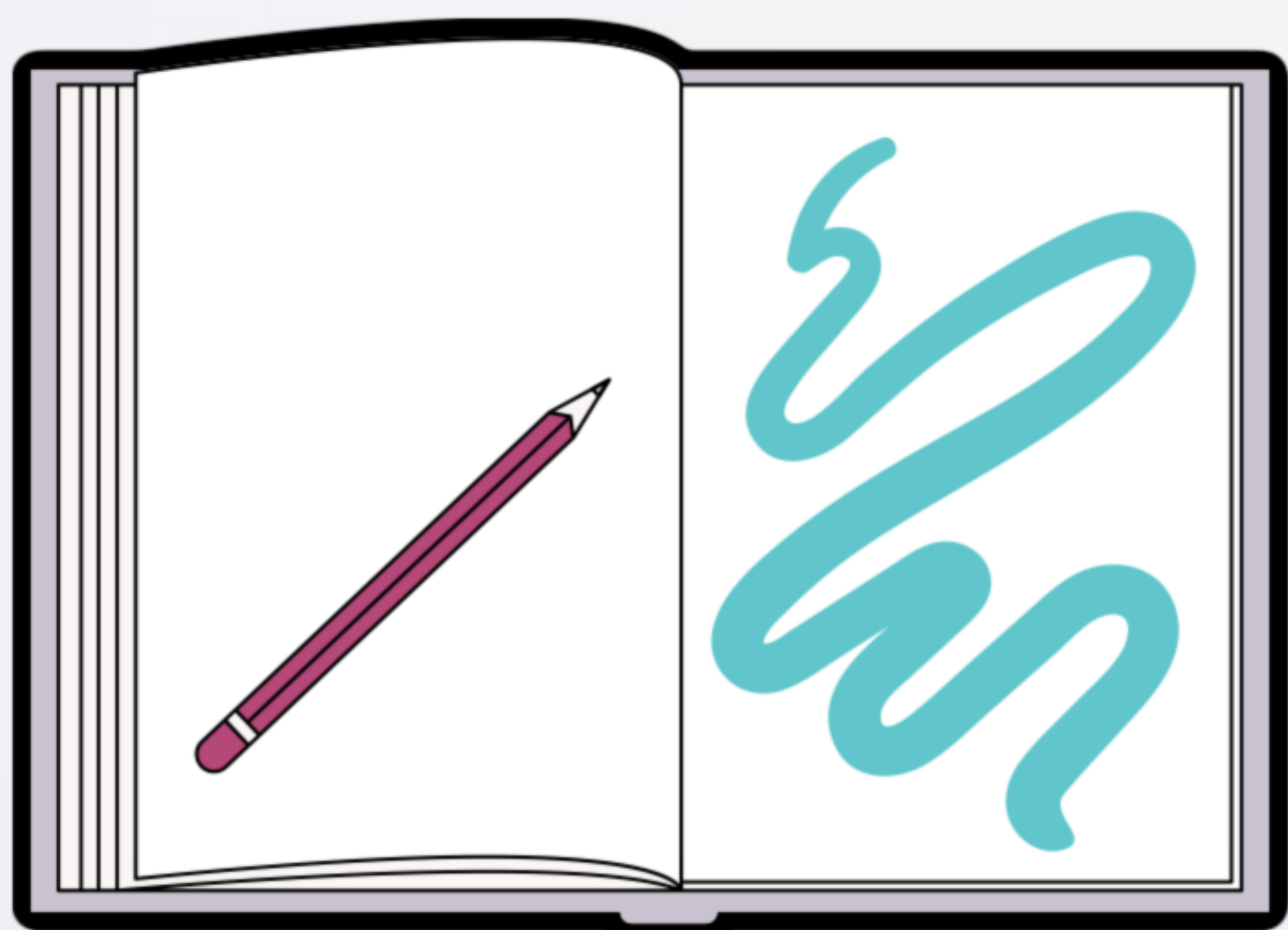
Meditate



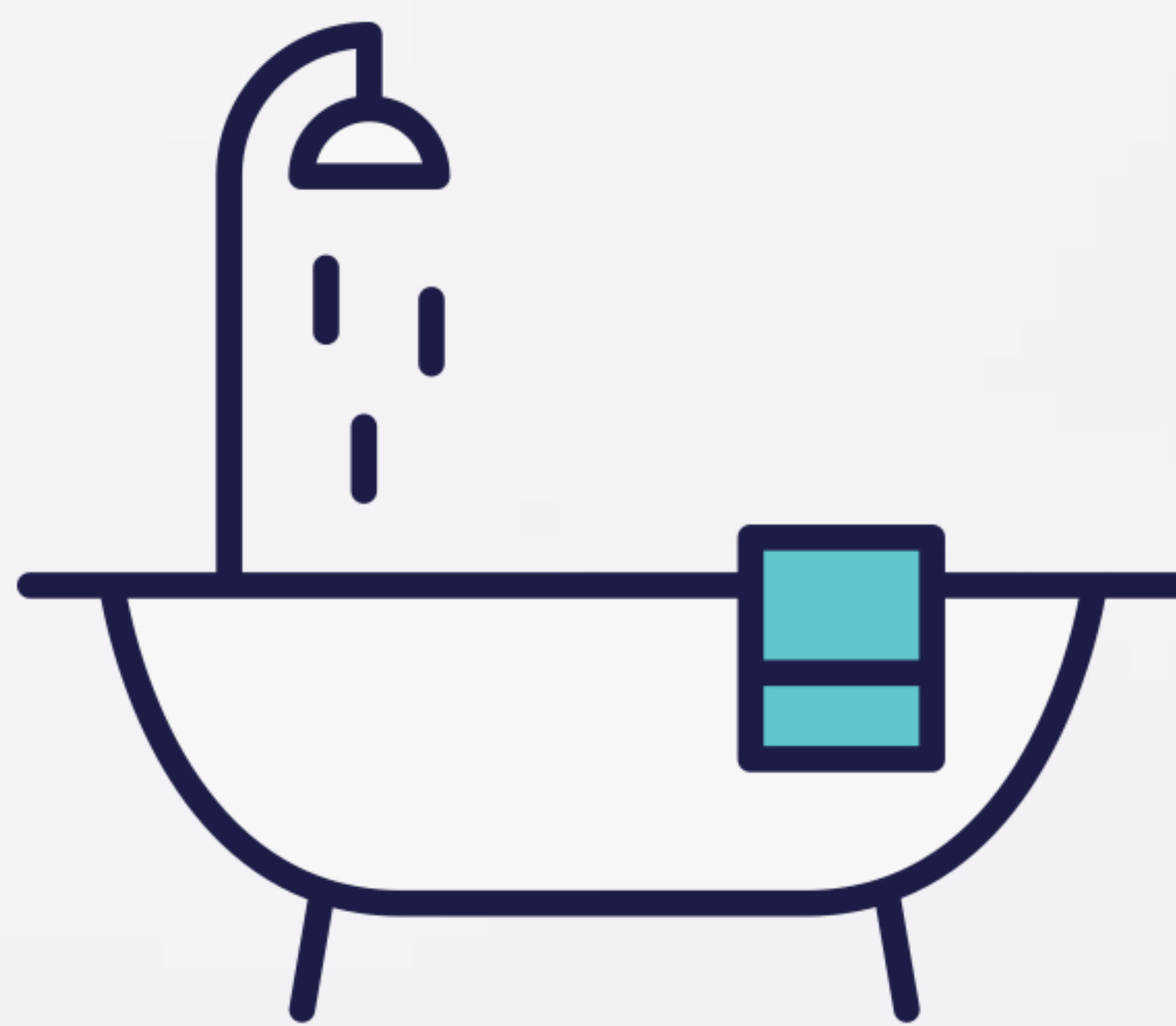
Play a Song



Step Outside



Write or Read



Bubble bath



Relax!