15 MINUTE

Me Time

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Me Time

Cross word puzzle	
A cup of tea on the porch	
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Journal	
Face mask	
Crochet, embroider, or knit	
Try out a navy bair style	
Try out a new hair style	
Color	
Draw	
Paint your nails	
Write letters	
Read a magazine or a few pages of a book	
Redd a magazine of a rew pages of a book	
Do some exercises	
Make something with clay	
e i	
Listen to music and do nothing	



Stretch

