

LISTENING TO YOUR  
HEARTS GREATEST  
DESIRES AND CREATE A  
VISION  
BOARD  
DREAMS



FEELING DEEP INTO YOU BELLY AND YOUR  
INTUITION WRITE OF LIST OF ALL THE  
THINGS YOU CAN CONTROL AND ACT  
ON NOW

PLAY YOUR  
FAVORITE  
MUSIC AND  
SING TO YOUR  
HEARTS CONTENT



DRAW, COLOR  
& CREATE  
WITH COLORING  
PENCILS OR PAINTS

CONNECTING WITH  
FAMILY WATCH A  
FUNNY MOVIE,  
TV SERIES OR  
AND EDUCATIONAL  
DOCUMENTARY THEN  
DISCUSS IT



GET LOST IN A GOOD  
BOOK THAT TAKES  
YOU ON A  
JOURNEY AND  
WARMS YOUR  
HEART



REST YOUR  
BODY WITH  
QUALITY  
SLEEP

MAKE A GRATITUDE JAR  
EVERY TIME YOU ACT ON  
SOMETHING THAT MAKES  
YOUR HEART SING WRITE  
IT ON A POST IT AND PUT  
IT IN THE JAR

OPEN YOUR MIND TO  
CREATIVITY  
AND NEW  
POSSIBILITIES AND  
OPPORTUNITIES



CONNECT WITH  
FAMILY THROUGH  
PLAYING A FUN  
BOARD GAME



31 THINGS TO  
CREATIVELY,  
COURAGEOUSLY & COMPASSIONATELY  
DO TO  
THINK, FEEL & TAKE ACTION DURING  
LOCKDOWN OF COVID19



LEARN TO  
COOK A  
NEW RECIPE AND ENJOY  
THE DELIGHTS OF  
DEGUSTION



WRITE THAT BOOK YOU  
HAVE INSIDE  
YOUR HEART AND  
CREATIVE MIND,  
THERE IS A SPACE ON  
SOMEONE'S BOOKSHELF  
WAITING TO READ  
THE MAGIC OF YOUR  
WORDS

MEDIATE AND  
GROUND  
EACH AND EVERY  
DAY,  
A SIMPLE  
PRACTICE WITH  
PROFOUNDLY  
SIMPLE RESULTS



DECLUTTER YOUR  
HOUSE, AND WITH  
COMPASSION TURN  
YOUR TRASH INTO  
SOMEONE ELSE'S  
TREASURE

WRITE ABOUT THE  
HUNGER INSIDE YOU  
THAT YOU CAN TAKE  
ACTION ON - NOW

TAKE TIME OUT EACH DAY  
TO BREATHE DEEPLY,  
CONNECT WITH  
YOUR HEART SPACE AND  
ACKNOWLEDGE WHAT YOU  
ARE FEELING

GET CURIOUS WHAT  
NEW SKILL CAN  
YOU FOCUS ON  
LEARNING

REMEMBER THAT NEW YEARS  
RESOLUTION YOUR HEART  
DESIRED, ALLOW THE  
INTUITION IN YOUR BELLY TO  
MOTIVATE AND ACT NOW TO  
MAKE IT HAPPEN

DANCE LIKE NO ONE  
IS WATCHING AND KEEP DANCING  
EVEN IF THEY ARE



LET GO AND DECLUTTER,  
UNSUBSCRIBE FROM  
EMAILS SUBSCRIPTIONS

MOVE THE  
ENERGY IN  
YOUR HOUSE  
BY SIMPLY  
OPENING THE  
WINDOWS,  
MOVING SOME  
FURNITURE



SEND A MESSAGE TO CHECK  
IN WITH FAMILY,  
FRIENDS AND WORK  
COLLEAGUES



LIGHT CANDLES  
AND TAKE  
A RELAXING  
BATH

WITH YOUR HAND ON YOUR HEART AND  
TAKING A DEEP BREATH ASK ....  
WHAT WISDOM DOES MY HEART WANT ME TO  
KNOW IN THIS MOMENT?

MOVE YOUR BODY,  
SHAKE, JUMP, RUN,  
STRETCH

