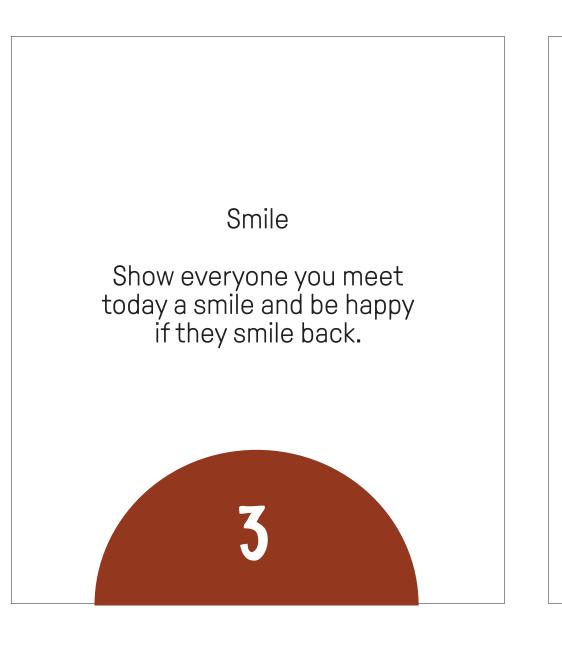
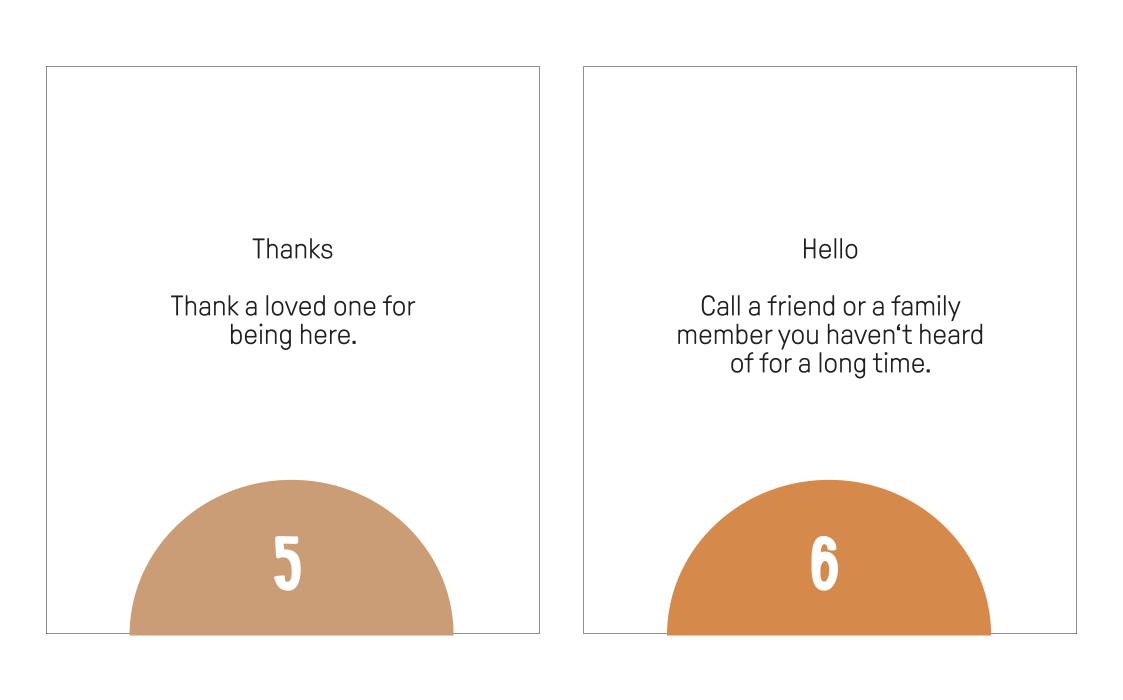


# Explore

Consciously take a different route home today. Walk, cycle or drive and make a detour and discover new paths.



# Enjoy Eat a piece of chocolate or something you forbid yourself to eat. Savor it and enjoy the taste.





#### Slow down

Today instead of higher, faster, further do everything slower, more conscious and gentle.

# 9

# Relax

Treat yourself to along bath, a face mask or a different wellness moment. Enjoy it without any distraction.



# Breathe

Sit down and take three deep breaths. Let the stress fade away and focus on your breath.

# Look up

Tonight before you go to bed, go outside and take a look at the stars.

11

Love yourself

Come up with something you love about yourself. A part of your body or a personal trait? Just say:

I love myself

13

Offline

Turn off your mobile phone for an hour and put it away.

No Today consciously say no to a thing that you don't want tó do.

Unperfectly perfect

Be imperfect today. Let things be, wear your pajama the whole day and leave the chaos behind.



#### Create

Make something with your hands today - craft, cook, bake, paint, write.

Winter walk

Go outside - alone, as a couple or as a family and simply stroll through the nature.

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Listen Today try to speak less and listen more.

Good night

Go to bed an hour earlier than usual.



# Start

Start something new today - a book, a podcast or even a hobby.

Happiness

Think about something that makes you happy.



# Get cozy

Light up a candle, brew yourself a nice cup of tea and make yourself comfortable.

#### Celebrate

Enjoy the moment and be aware of everything that happens around you. Get out of your head and enjoy the here & now.



