



# *30 things to do during 'Me' Time!*

- Work in your garden
- Devotional time
- Read a book
- Trace your family history
- Listen to music
- Walk your dog
- Binge watch a series
- Play a board game
- Play a game on an app
- Take a shower
- Work in the yard
- Beach yoga
- Make a craft
- Surf the web
- Birdwatching
- Needlepoint
- Listen to a book
- Knit
- Soak in a tub
- Photography
- Journal your thoughts
- Manicure/Pedicure
- Piddle around
- Put a puzzle together
- Take a walk
- Scroll social media
- Play the piano
- Sit poolside
- Go to the beach
- Exercise