



Give Yourself A Break!

(Proceed with **Caution**)

Instructions: Cut out and adhere the above label to a wide mouth can or jar. Cut out *Take-a-break* ideas below or fill out your own and drop in container.

Rules: When you feel the urge to take a break task, write down on a sticky note what you will do when you return from break. Then pick one break idea from the jar. You must perform the task/distraction you selected.

Reality Check: Don't put in anything you won't do. **Caution:** Set a timer, if necessary. After completion, you may return task to the jar or dispose.

Important: After break, do what your sticky note tells you to do.

Have a snack (chocolate, if you've got it)	Do five push ups (TLC least favorite)	Trace around your hand and draw five faces on the finger- tips. (TLC favorite)	Doodle
Take a 20 minute walk	Call your mom	Fill out three greeting cards	Plan next outfit
Make a dinner reservation	Start a bucket list Or add to one	Purge three files	Plan tomorrow
Look through old photo album	Mend three clothing items	Read one chapter from _____	List three values you'd like to teach name _____
Plan a meal	Purge three files	Order a gift	Say a prayer
Select one project idea you've pinned and write down the needed supplies	Sing "Let it Be" (google lyrics)	Make a spa/salon appointment	Count your blessings