



MORE LOVE LESS BOREDOM

FOR YOU:

- Movement/ workout daily
- Get outside if you are able to
- Take a daily "Time Out" for Self-Coaching, meditation or spiritual practice
- Get creative, write your book, play music, dust off your paint set
- Reach out for support (this is the perfect time to hire a Life Coach)

FOR YOUR FAMILY:

- Start a Kindness Challenge
- Picnic in the living room or in your backyard
- One-on-one time with each family member (at-home spa date, board games, movie marathon)
- Spring Cleaning and organizing (check out [Shira Gill](#) for ideas)
- Gratitude Post-it notes all over the house
- Sing, dance, play music together

FOR YOUR RELATIONSHIP

- Read to each other
- Plan an [At-Home Date Night](#) and get dressed up for it
- Create a schedule so you both have the time you need each day to workout, Self-Coach, do your work, take care of your kids and refuel

FOR YOUR COMMUNITY + FRIENDS AND FAMILY

- Virtual coffee dates with friends and family
- Regular video calls to elderly relatives or people who are more isolated
- Host a class or a mentorship session using your expertise
- Donate to local businesses or artists who can't work right now