














# PRESS PAUSE WEEKLY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Listen to a different audiobook or podcast every day.</p>	<p>Send a heartfelt thank you note.</p> 	<p><b>Pour your own candles.</b></p>	<p>Leave a note or gift for your mailperson.</p> 	 <p><b>Play Pictionary over Zoom.</b></p> <p>(Idea generator here)</p>	<p>Participate in a virtual group workout class.</p>	 <p>Swap out seasonal decorations.</p>
<p>Cook one new meal each day.</p> 	 <p><b>Watch a TEDTalk.</b></p>	<p><b>Craft jewelry for your loved ones.</b></p>	<p>Buy your partner, family or friends flowers.</p>	<p><b>Play Spaceteam on your mobile device.</b></p> <p>(Free to download)</p>	<p><b>Family TIME</b></p> <p>Host a scavenger hunt for your family.</p>	<p>Clear off your computer desktop.</p>
<p>Stretch every morning this week</p> <p><b>WORK OUT</b></p>	<p><i>TO DO</i></p> <p><b>Create a vision board.</b></p>	<p><b>Follow a slime tutorial.</b></p>	 <p>Leave a sweet sticky note somewhere unexpected.</p>	<p><b>Play a boardgame online.</b></p> 	<p>Host a virtual book club night.</p>	<p><b>Do it</b></p> <p>Dust your windowsills and baseboards.</p>
<p>Wear your favorite color every day.</p>	<p>Work from a new location.</p> 	<p><b>Try different watercolor techniques.</b></p>	<p>Send a digital gift card.</p>	<p><b>Play Uno on your mobile device.</b></p> <p>(Free to download)</p>	 <p>Sing karaoke at home.</p> 	 <p>Update seasonal wardrobe and donate.</p>
<p><b>NOTES</b></p>						

