

Take a Break Tracker

Stretching <input type="checkbox"/>	Yoga <input type="checkbox"/>	Draw doodle or color <input type="checkbox"/>	Take a drive <input type="checkbox"/>	30-minute digital detox <input type="checkbox"/>	Read a book <input type="checkbox"/>	Write a poem <input type="checkbox"/>
Journaling <input type="checkbox"/>	Set goals <input type="checkbox"/>	Listen to a meditation or nature sounds <input type="checkbox"/>	Close your eyes and rest <input type="checkbox"/>	Sit outside and notice the sounds <input type="checkbox"/>	Take a 15 minute "coffee break" <input type="checkbox"/>	Chat with a friend <input type="checkbox"/>
Pay it forward <input type="checkbox"/>	Small act of kindness <input type="checkbox"/>	Find shapes in the clouds <input type="checkbox"/>	Take a short walk <input type="checkbox"/>	Meditate <input type="checkbox"/>	Focus on your breathing <input type="checkbox"/>	Write someone: note/card/letter <input type="checkbox"/>
Light a candle, watch it glow <input type="checkbox"/>	Play with a pet <input type="checkbox"/>	Listen to a podcast <input type="checkbox"/>	Listen to music and sing along <input type="checkbox"/>	Express gratitude <input type="checkbox"/>	Create a happy memory jar <input type="checkbox"/>	Make a snack <input type="checkbox"/>
Watch something funny: LOL <input type="checkbox"/>	Try grounding/earthing <input type="checkbox"/>	Fill in your own ideas... <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I will celebrate my accomplishments by... <input type="checkbox"/>