

indulge your hobbies & passions

Ask friends and family how they found their hobbies and when they find time for them.

There are plenty of benefits to having a hobby. It makes you happy and can be a stress-reliever. But finding the time or even the hobby? That's another story. Try to take a little bit of time and think about something you're passionate about. Or, something you simply enjoy. For some, that may be writing a fantasy story, teaming up with online gamers, or simply piecing together a puzzle.

There's no right or wrong hobby. You do you!

If I could spend all my time doing one activity, it would be this:

Why? What does it mean to you and what do you get out of it?

My plan for carving out more time for my passions and hobbies:

self-care means prioritizing what's important to you. Let's figure out how to rekindle your old passions or find new ones.