



# porpoiseful WINTER CHECKLIST

Let joy fill you this season! Choose & add items that light you up.

## Self-Care

- 5 min stretch each AM
- take a hot bath
- make a list of goals for the new year & beyond
- indulge in moderation
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## Winter Fun

- get outdoors & layer up for a walk
- make hot cocoa & share!
- bake cookies
- go ice skating
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## Cozy Home

- display special mementos
- make a festive ornament or wreath
- try a new recipe
- prep your new calendar (Porpoiseful Planner!)
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## Spread Joy & Kindness

- send a good vibes greeting
- give a thoughtful treat to neighbors or co-workers
- smile at everyone (It goes a long way!)
- volunteer to help a neighbor, charity, or school
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