30 DAYS OF DISTRACTIONS - WHEN YOU NEED A MENTAL BREAK FROM FERTILITY

☐ Binge watch something new with your partner	☐ Grab dinner somewhere new with a friend	☐ Take a bubble bath by candlelight	☐ Spend the day exploring your city (or nearest one!)	☐ Channel your inner thrill seeker and go on an adventure
☐ Visit a museum with your partner	☐ Ask a friend for book recs (non self-help) & take one for a spin!	☐ Spend some time meditating	☐ Tackle a home improvement project	☐ Take a cooking class
☐ Get a much deserved massage	☐ Introduce someone to your favorite movie	☐ Visit an animal shelter and love on all the pets!	☐ Re-create a Bob Ross painting	☐ Spend the entire day without internet
☐ Find a new walking/hiking trail	☐ Donate all those clothes you haven't worn in years	☐ Take a weekend trip!	☐ Volunteer at a non-profit you support	☐ Get some fro-yo, ice cream, any sweet treat!
☐ Go to the movies!	☐ Have a cooking competition with someone	☐ Start a Pinterest board filled with memes	☐ Have an at-home spa evening with a friend	☐ Start that hobby you've been wanting to try
☐ Listen to a funny or thrilling podcast	☐ Karaoke!	☐ Re-read your favorite book	☐ Go to a festival	☐ Check out a local brewery or vineyard

Ideas of your Own

agate bloom
fertility + birth