
r.A glass of wine with books and jazz music every night after dinner clean-up.
2. A film night with friends.
3. Regular Wednesday evening coffee dates.
4. Cross-country skiing.
5.A run in the suburbs.
6. Spin the boring stuff with music or podcast episodes in your ears.
7. Foster new friendships.
8. Create feel-good moments with the family.
9. Date night.

Io. Listen to music.
ir. Schedule coffee time with yourself.
12. Do something novel on the regular.
13. Manicure Mondays, even if it's just and your bathroom and Sally Hansen.
14. Taco Tuesdays.
15. Girlfriend night.
r6. Online gaming night with the kids.
17. Tech morning.
18. Family games night.
19. Friday wine, film, and pizza night.

