

BASIC REMINDERS

Don't Be
Lazy

to be a functional human.

Instructions:

Do what you can,

One step at a time

Level 1 - Basics

- Open your eyes
- Take a deep breathe
- Sit up & stretch your body
- Get out of bed
- Use the bathroom
- Brush your teeth and hair
- Use deodorant
- Change into your outside clothes

Level 2 - Maintenance

- Drink a glass of water
- Eat a meal
- See what you have to do today
- Do at least 1 chore
- Take a walk outside
- Have a conversation with someone
- Take a Shower
- Get a full night's sleep

What does "living for yourself" mean?

- Making your own decisions, choices, opinions and thoughts.
- Develop and grow into the version of yourself that you want.
- Enjoy your life through your own eyes and ears.

In a world of social media, where there's constantly voices, we must ground and choose our own voice. Yes, take into consideration what these voices say, but let your preference be your own.

Dependency on what others choose to do or would think of you will only burden the soul to meet expectations that don't benefit you.

Level 3 - For Yourself

- **Review yourself and your needs** (calendar, finances, being introspective)
- **Go out to appreciate the world and what it offers** (visit your local parks, community businesses, libraries, etc.)
- **Explore hobbies that interests you** (revisit old ones, or look into new ones, try something and anything)
- **Set a goal and plan it out** (is there something you want to work towards? how will you get there?)
- **Make it all physical & write.** (make all the intangible emotions and thoughts a physical and real thing by writing it down)

> Level 4 - With Others <

- **Have a conversation with a friend** (catch up, check in on each other and listen to each other)
- **Plan your next get-together** (make time with friends or family, from dinners to board game nights or even exploring your community together)
- **Visit local community spots and events** (trivia nights, open mic nights, arts and crafts events, conventions, etc.)
- **See what entertainment is coming to your town** (what is your local venue/theatre hosting? grab a ticket!)
- **Volunteer for a cause** (check out local boards for opportunities to give back)

We are SOCIAL creatures & we need COMMUNITY.

It's humanity's ability to be social that advanced our species. **Community** is a space for multiple people, whether local, for common interests, etc. *You don't have to be an extrovert to be social. It's ingrained in our DNA.*

Having community helps:

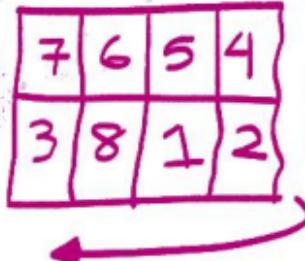
- Open our perspective and mindset
- Strengthen our communication skills
- Discover opportunities & options we may not have found alone
- Have an ally, mentor, friend, teammate, role model, etc.

And here's the thing...

You're not lazy. And so what if you are? When we're tired, we rest, right? We need to rest and recuperate our energy.

We're all trying your best, in this insane world, and living our first lives. Time feels finite, but it is also YOUR time.

While life feels like a face, it's more like ~~a marathon~~ a journey. So if you want to run, do it. And if you want to walk, do it. However, to keep moving is life and it starts with the bare necessities.



*open
me and
flip me
over*

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