

your budget: 100\$

self-care



bubble bath with
candles 15\$

one hour at
the spa 45\$



buying a new
book

20\$

coffee and a
croissant



12\$



digital detox day

0\$

yoga session




25\$



nature walk and
journaling

15\$

face mask and
movie night



10\$

DIY art therapy



40\$

cozy nap with
music



0\$