

Digital Sabbath Plan & Prep

scheduled for _____ (date)

Things I could do (keep it light and flexible)

People I'd like to spend time with

Do a shortie think thru on these. Do they require any kind of digital for reference? Handle accordingly. For ex. Make a pumpkin spice cake. Doh! The recipe is online. No prob! Print it out beforehand!

How I might handle/prevent strong urges to cancel mid-day?

Intention: for ex. support well-being, be in body, connect with others, nature-based, come Home