



Ideas to Keep Busy During the Two Week Wait

- declutter different parts of your house
- work on your fitness goals
- Catch up on your reading list
- Keep an eye on your diet
- Reach out to your support group and see what they're up to



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- Pamper yourself. Take a bubble bath, get a facial, get your eyebrows done, your hair done, your nails done, whatever kind of pampering you like. Do it now. Enjoy your self care time.
- Adult Coloring Book
- Try Yoga.
- Go on walking or hiking adventures. If weather permits, grab your significant other and get out for a nice walk through your neighborhood, on the trail, through the woods, etc.



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