

What to do when you have personal time

Try some of these suggestions on your next personal day!

[How to Allow Personal Time While Homesteading](#)

5-10 minutes

Stretch
Meditate
Pray
Exercise
Do a facial mask
Write a letter
Write a Thank you

20-30 minutes

Yoga
Read a book
Paint your nails
Take a walk
Call a friend
Take a nap
Watch a video
Take a bubble bath
Do a crossword puzzle
Read a magazine

30-60 minutes

Take a long walk
Watch a missed tv show
Get your nails done
Do a craft
Bake cookies
Walk the dog

Full Day Away

Go to the beach
Hike, backpack
Visit friends
See a movie/have dinner
Window shop
Visit family
Go Fishing
Make it a Spa Day
Take a Class
Bucket list goal