



Good plans

MARIE & HÉLÈNE

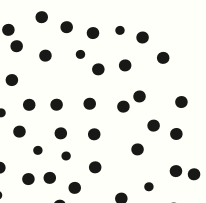
PRACTICAL:

- 7 minutes english meditation with Deepak Chopra about gratitude to start perfectly the day
<https://www.youtube.com/watch?v=3Eq1tetWUeM>

PLAYFUL:

- game Phase 10 from Ravensburger

CLASSICAL:

- Playlist chillhop radio / spotify relaxing / jazzy / lounge music
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