



Day 9

Your future starts now

Rest, Relax and Recharge

GELUKKIGE
STUDENT

EVERYTHING IS A CHOICE



GELUKKIGE
STUDENT

Instagram: Gelukkige Student

Exercise

- In 2 minutes: Write down what you love to drink and eat
- Be specific!



Exercise

- In 2 minutes: Write down that you love to drink and eat
- Be specific!
- Do you eat or drink one off these things everyday?
- No? Start today!