

FEELING DEMOTIVATED
BY CLASSES ?

Do the **Opposit** thing



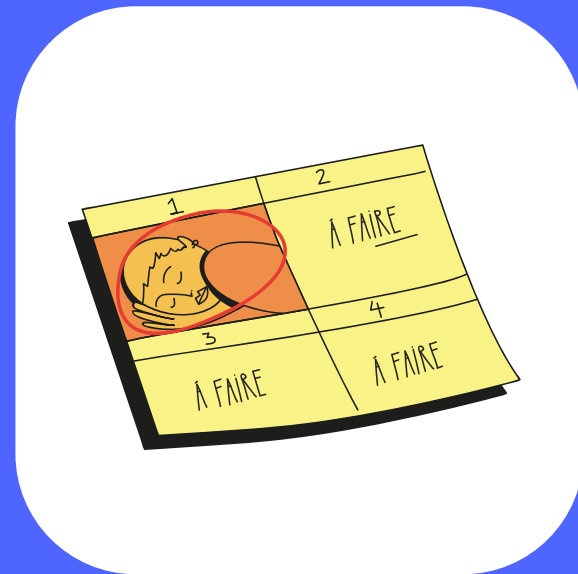
Take an exercise
break



Take a walking
break



Take a cooking
break



Set rest days



Tidy up

DO THE OPPOSITE THING