

The image features a light-colored wooden surface with several dried, brown leaves scattered across it. A large, semi-transparent purple rectangle is overlaid on the center of the image. The text "My Postpartum Menu" is written in a dark purple, elegant cursive font within this rectangle. In the bottom right corner, a portion of a green textured notebook and a gold pen is visible.

*My
Postpartum
Menu*



My Postpartum Menu Directions

Think about things in the past that have made you feel happy and/or alive along with your go-to's when your bored. Organize your list into the following categories:

Starters: Things that can give you quick bursts of energy without sucking in all your time (5 minutes Max)

Entrees: Activities that excite you and make you feel alive

Sides: Things you can add to the activities in your entree to make them that much more enjoyable

Desserts: Things that don't bring excitement but we still engage in them. i.e. Social Media

Specials: Things you can do occasionally but not very often. omit options that aren't realistic

Make the activities you want to engage in easier to access and your go-to's harder. For example to make things easier you would prepare an area in your home for an activity you like to engage in, To make things harder for example would be to delete social media apps from your phone.

Once you have completed your menu, just like restaurants, advertise it. Post your menu around your living space. Make your menu the background of your phone.



My Postpartum Menu

STARTERS



ENTRÉE



SIDES



DESSERT



SPECIALS

