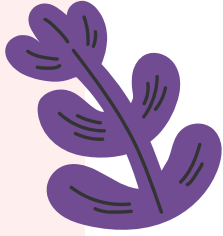


8 Habits 8 Weeks

Part1: Allowing yourself to be bored



Choose Your Time: Select a specific 15-minute slot each day.

Tech Timeout: Put away all electronic devices during this time.

Boredom Ritual: Embrace the boredom. You can doodle, write down random thoughts, or simply daydream.

Reflect Daily: After each session, jot down any creative ideas that surfaced during your boredom experiment.

Share Your Journey: At the end of the week, share your experiences and any exciting discoveries with the community. You can comment on my video or use the hashtag.

#boredomtofun

Remember, the goal is to see how a little boredom can lead to some unexpected bursts of creativity. Have fun with it, and let those creative juices flow! 🌟

