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Take a walk, and if you happen to have your cell phone with you, take some pictures of signs of spring	Try a new to you exercise	Sort some fabric (put some aside for charity quilts)
Start a Jig-saw Puzzle	Turn off your cell phone and or computer for a period of time	Do 1 thing that you have been putting off for a long time.
Pick up the phone and call a friend just to chat	Clean a single area in your quilting room (even if it is just your sewing chair :)	Pick up and start to read a new book