BOOKCHOWK / THE THURSDAY COLLECTION

Small Screen-Free Pleasures

A seven-day self-care menu using what you already have

BEAUTY & SELF-CARE

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ORIGINAL EXERCISES / PRINTABLE PDF / OCTOBER 2026

START HERE

One useful result

This workbook is about choosing enjoyable offline moments, not achieving a perfect routine or buying products. It is for adults who want a small personal pause that fits their circumstances. You will design a menu of activities, try a few and keep those that suit you. These are leisure and reflection exercises, not treatment for stress, anxiety or another condition. There is no claim that seven days will change your health. You can adapt activities for access, sensory needs, energy and privacy. A phone may remain available for safety, care responsibilities or accessibility. Screen-free means the activity itself does not require scrolling, not that you must be unreachable.

How to use this mini workbook

Read one lesson, study the example and try the action. Use the question as a short reflection. Write in your own notebook, annotate the PDF or print only the worksheets you need. The companion gives you reusable text fields rather than repeating the whole book.

Find your way

03 1. Define what would feel like your time

04 2. Build a menu with different effort levels

05 3. Give ordinary things your attention

06 4. Make space without disappearing

07 5. Include company by invitation

08 6. Keep a menu, not a streak

09-11 Reusable worksheets / 12 Edition and use

READ / APPLY / REFLECT

1. Define what would feel like your time

Self-care can become another list of tasks somebody else says you should enjoy. Begin with your preferences. Do you want quiet, play, making, company or a pleasant change of setting? None is the correct answer for everyone. Name the practical limits: time available, noise, space, money and responsibilities. An enjoyable pause does not have to be productive. It can be reading a page, listening closely to a song you already own or noticing a view from a comfortable place. Choose something that does not require completing a chore before you deserve it.

WORKED EXAMPLE

Maya has ten minutes while dinner cooks. She does not enjoy journaling, so a notebook is not her default. She chooses to sit near the window and sketch the shape of a mug.

TRY IT

Write "For me, a useful pause feels like..." and list three possibilities.

YOUR NOTE

Which activity are you choosing only because it sounds impressive?

END OF FREE SAMPLE

Continue with the full workbook

This free sample contains the cover, introduction and first lesson. The complete edition has 12 pages and includes an editable companion file.

The full book includes six lessons with worked examples, practical actions, reflection questions and three reusable worksheets.

Full edition: INR 49 at www.bookchowk.com

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