

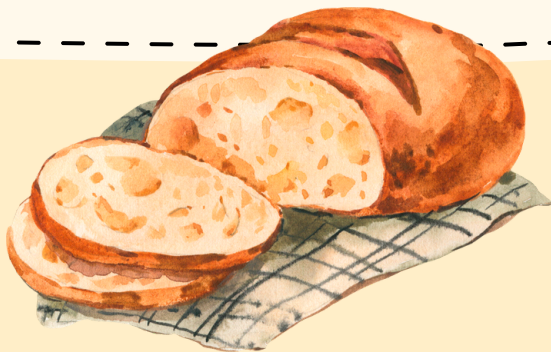
LOW-ENERGY LAMMAS CHECKLIST

Light a
yellow
candle



Display a
bouquet of
sunflowers

Buy a loaf of
fresh-baked
bread



Drink
chamomile &
calendula tea

