

flow

Grocery shopping : it
can be super overwhelming
if you haven't done it
by yourself before.
Hey, that's what
FLOW LIFE SKILLZ
is for!





One of the first things to know is that you should not shop hungry! Trust me, you'll end up coming home with like 80 bags of Takis.

(speaking from experience)

grow/

Another thing that helps with this is making a list! You'll usually make it either with a specific recipe in mind, or just to generally replenish.

It's a good idea to do this when you're in your kitchen so you can see what you have & what you need.



	Grocery List
○	
○	• apples
○	• pasta
○	• pesto sauce
○	• yogurt



- CEREAL
- CHIPS
- CRACKERS

Do you feel as stressed as I do when you walk into the store?

You've got this dude! you have your list + you're good to go.

If you get lost just look out for signs & labels. Also there's no shame in asking for help finding stuff.



Now that you've got all your stuff, go through checkout! Don't forget your reusable bags! Saving the planet is cool, yo!





Congrats, you have successfully grocery shopped! And if you leave with a few more snacks than you meant to? That's cool too.

crinkle

Potato chips