

**NOBODY EVER  
FOUND THEMSELVES  
BY GETTING HIGH.**

GO FOR A BIKE RIDE.

GO CLIMBING.

GO FOR A WALK.

PAINT A PICTURE.

LEARN AN INSTRUMENT.

VISIT THE LIBRARY.

TAKE A TENNIS LESSON.

TAKE A PHOTO.

WRITE A STORY.

READ A BOOK.

MAKE A VIDEO.

GO TO A LECTURE.

JOIN A CLUB.

THERE ARE BETTER AND SAFER WAYS OF EXPANDING YOUR MIND THAN USING POT