

- Write down 10 things you're grateful for
- Meditate or do a breathing exercise
- Go for a long walk in nature
- Eat a meal outside in the sunshine
- Listen to your favorite songs
- Prepare a delicious, healthy meal
- Light a candle
- Go for a 24-hour social media detox
- Soak in a warm bath
- Listen to an inspirational podcast
- Call someone you love
- Watch a funny show or video
- Perform a random act of kindness
- Cuddle a pet
- Try something new
- Read a book
- Refresh your morning routine
- Write down your feelings in a journal
- Watch the sunrise, sunset, or clouds
- Find room to stretch or do yoga
- Wash or change your sheets
- Eat a salad or smoothie
- Declutter your home
- Make a list of inspiring quotes
- Create a bucket list

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