

Little Things That Instantly Make a Day *Better*

..... Ordinary & *Happy*

1 <input type="checkbox"/> Putting on your favorite feel-good song and singing along.	2 <input type="checkbox"/> Checking something off your to-do list.	3 <input type="checkbox"/> Putting on some comfy clothes and socks.	4 <input type="checkbox"/> Doing some deep-breathing exercises.
5 <input type="checkbox"/> Getting some fresh air.	6 <input type="checkbox"/> Smiling more.	7 <input type="checkbox"/> Having a 15-minute no-screen break.	8 <input type="checkbox"/> Catching up with a friend.
9 <input type="checkbox"/> Writing down 5 things you're grateful for.	10 <input type="checkbox"/> Tidying the space around you (e.g. your desk, office, living room).	11 <input type="checkbox"/> Sitting down and enjoying a cup of coffee or tea.	12 <input type="checkbox"/> Being kind to others.
13 <input type="checkbox"/> Watching the sunset or sunrise.	14 <input type="checkbox"/> Catching up on your favorite TV show.	15 <input type="checkbox"/> Looking at your favorite photos from the past year.	16 <input type="checkbox"/> Cooking your favorite dinner while listening to your favorite playlist.
17 <input type="checkbox"/> Stretching after a long day.	18 <input type="checkbox"/> Listening to a podcast you love.	19 <input type="checkbox"/> Having a bubble bath or warm shower.	20 <input type="checkbox"/> Lighting a scented candle in the evening.