

Feel-Good Things *to* Do

When You Have 5 Minutes...

.....♥..... Ordinary & *Happy*

1 Listen to one of your favorite songs.	2 Visualize your dreams & goals.	3 Write down three things you're grateful for.	4 Message someone you care about.
5 Hold power poses.	6 Write down three reasons you're amazing.	7 Do some deep-breathing exercises.	8 Stretch your neck, shoulders, and wrists.
9 Make a cup of tea or coffee.	10 Have a glass of water.	11 Dance to a high-energy song.	12 Journal about what's on your mind.
13 Go for a 5-minute walk.	14 Add something to your vision board.	15 Read some positive news or something inspiring.	16 Solve a brain teaser.