

# *Ideas for a More* **Meaningful Week**

..... Ordinary & *Happy* .....

Cook a meal from scratch and share it with a loved one.

Reconnect with an old friend you've been thinking about.

Tidy a space you spend a lot of time in.

Go for a scenic drive or scenic walk at sunset.

Have a relaxing evening of screen-free activities.

Take photos of ordinary moments and things that make you happy.

Listen to your favorite playlist throughout the week.

Make time for your favorite hobby or some self-care.

Tell a loved one how much they mean to you.

Do at least one small thing for your future self.

Say yes to a micro-adventure.

Write down positive things you notice throughout the day.