

# Little Things That Can Make Everyday Life Better



**S I M P L E**

- Listening to your favorite playlist
- A tasty snack
- Taking photos of favorite moments
- A cute coffee/tea mug
- Getting more sunlight
- Reading a good book
- Stretch exercises
- Gratitude journaling
- Freshly laundered clothes
- A feel-good song to wake up to

**A D V E N T U R E**

- Watching a beautiful sunset
- Going for a scenic walk
- Waking up early to watch the sunrise
- Trying a cuisine you've never had before
- Visiting a farmers' market
- Trying a different coffee shop
- Visiting the local botanical garden
- Browsing books at a local bookstore
- Trying a new restaurant
- Going for a walk by a lake

**H O M E**

- High-thread count bedsheets
- Clutter-free spaces
- A vase with fresh flowers
- A comfortable mattress
- A good pillow
- A cozy blanket
- Good lighting
- A comfy reading chair
- An indoor herb garden for cooking
- A good cleaning routine

**H O M E**

- Motion-sensor night lights
- Cable organizers
- A digital kitchen timer
- An air quality monitor
- A label maker
- A small handheld vacuum
- Smart light bulbs
- A white noise machine or app
- A digital kitchen scale
- A bedside charging dock

**A S P I R A T I O N S**

- A cozy bathrobe
- Comfy slippers
- Fluffy towels
- A cup of tea
- A scented candle
- A bubble bath
- A bluetooth speaker
- A relaxing playlist
- A moisturizing face mask
- A hair treatment

**U L P I G T A L D E E S**

- Comfortable shoes
- A good reusable water bottle
- A small umbrella to carry with you
- A beautiful journaling notebook
- A second phone charger
- A good toothbrush
- A good pair of sunglasses
- A coffee mug warmer
- A digital photo frame
- A foldable shopping bag

**G A D G E T S**

- Noise-canceling headphones
- A portable battery pack
- A bluetooth tracker
- A smart plug
- A smart doorbell
- A backup drive
- An e-reader
- An air fryer
- A dash cam
- Smart lock

**F O O D**

- Meal prepping
- A variety of spices to cook with
- Fresh bread from a bakery
- A really nice olive oil
- Good chocolate
- Seasonal fruit and veggies
- Cooking with a new ingredient
- Cooking a dish from another cuisine
- Ordering a dish you'd normally not choose
- A favorite tea or coffee

**P E O P L E**

- A family dinner at home
- Hosting people for dinner
- Movie night with friends
- Weekly coffee with a friend
- A family tradition
- A regular game night
- A weekend brunch tradition
- A summer BBQ with loved ones
- A monthly book club
- A trip with family or friends

**W O R K**

- Using a calendar regularly
- An organized desk
- A break from screens
- A comfortable office chair
- A desktop or laptop cleaning kit

**L E A R N**

- Learning a new skill
- Listening to an educational podcast
- Attending a workshop
- Learning ten words in another language
- Reading about a new topic