

Easy Ways to Make **a Day Feel Special**

..... Ordinary & *Happy*



Set your morning alarm the night before to a song you love.

Play motivational songs while getting ready.

Get yourself a small treat or flowers.

Wear an outfit you love.

Have coffee or a meal outside or go for a short walk to get some sun.

Take a photo of something memorable or interesting.

Light your favorite scented candle when you come home from work.

Cook a recipe you've been wanting to try for dinner.

Set the table properly for dinner.

Write down three things you're grateful for.

Have a micro-adventure (e.g. take a scenic route home, watch the sunset).

End the day with a mini spa evening (e.g. face mask) and fresh sheets on the bed.