

Simple Ideas *to* Make *This Week Fun*



Give Yourself Something to Look Forward to Each Day

1 ☐
A show to watch after you finish work.

2 ☐
A podcast or audiobook to listen to on your commute.

3 ☐
A new coffee shop or a new drink to try.

4 ☐
A quick video chat with friend.

5 ☐
A new lunch spot to try on your lunch break.

6 ☐
A different themed playlist for each day of the week (e.g., Monday Motivation, Friday Fun).

7 ☐
A favorite outfit to wear on a difficult day.

8 ☐
Fresh flowers at home or in the office to brighten up the room.

9 ☐
A new beautiful pen and notebook.

10 ☐
After-work dinner with coworkers or friends.

11 ☐
A scented candle to light when you come home.

12 ☐
A new workout class to try after work.

13 ☐
A spooky or fall movie night midweek.

14 ☐
A fall decoration for your home or office.

15 ☐
A new snack to try when you go grocery shopping this week.

16 ☐
A fall flavor to try (e.g., pumpkin bread, apple cider donuts).