Little Ways to Make a Busy Day More Enjoyable

Ordinary & Happy

1. Write down or make a note of all tasks and small wins throughout the day. Use that running list to show you how much you're getting done.
2. Pair monotonous or repetitive tasks with music or a podcast.
3. Set regular timers for quick 1-5 minute breaks where you just step away, pause, or think of something positive.
4. Set feel-good messages as reminders on your phone.
5. When you get a moment after completing a task, tell yourself you did great in your head.
6. Go for a quick walk or get some fresh air on your lunch break or in the afternoon.
7. Get yourself a coffee mug with a funny or inspiring message on it.
8. Put your favorite photo(s) on your desk or as your phone background.
9. Mute notifications for a period of time, even if it's for 15-20 minutes.
10. Wish someone a good day, or ask someone how they're doing.
11. Bring a little bag of self-care essentials with you to work or keep it in the car.
12. Wear something that makes you feel cozy.