Little Ways *to* Treat Yourself

That Cost Almost Nothing

Ordinary & Happy



1. Put fresh sheets on your bed and go to sleep early.
2. Wear your comfiest clothes all day.
3. Light a scented candle you love.
4. Go outside for some fresh air and a leisurely walk.
5. Read a book in a cozy spot.
6. Watch the sunset while reflecting on your week.
7. Listen to a playlist you love.
8. Watch your favorite feel-good movie.
9. Look through photos of happy memories and pick one out to frame.
10. Visit your local library and find a book you'd love.
11. Take a long shower or have a bubble bath.
12. Make a cup of tea or a latte and have it in your favorite mug.