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| 1  | Do an unexpected favour for someone.  |
| 2  | Observe your surroundings to spot something you'd never noticed before.     |
| 3  | Say "Thank you for being in my life" to someone and explain why             |
| 4  | Smile to people around you.   |
| 5  | Take 6 deep breaths per minute for 3 minutes 4 times a day.                 |
| 6  | Do nothing for at least 5 minutes.  |
| 7  | Smell a flower.   |
| 8  | Draw something with your eyes closed.                                       |
| 9  | Draw something with your left/right hand.                                   |
| 10 | Dance to a song that you like.  |
| 11 | Do something that generates joy.  |
| 12 | Choose a small object to reposition every time you feel a positive emotion. |
| 13 | Stretch all the way up to the sky.  |
| 14 | Express your feelings and your needs.                                       |
| 15 | What would you do if you weren't scared?                                    |



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| 16 | Smile for, at least, 1 minute just for fun and notice how you feel.    |
| 17 | Learn a new joke and tell it.  |
| 18 | If you had a magic wand, you would....                                 |
| 19 | Tell 3 things from today that you are grateful for.                    |
| 20 | Set your alarm 30minutes earlier than usual in order to...             |
| 21 | Identify a strength in someone and tell him why.                       |
| 22 | Leave a kind and encouraging message for yourself or for someone else. |
| 23 | Share some good news.  |
| 24 | Visit your neighbour.  |
| 25 | Use all your senses to taste food mindfully.                           |

