

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?



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.