

Look in the mirror and give yourself 3 compliments	Try a new look today... be daring
Invite a friend over for a nice home cooked dinner.	Visit a new community event this month.
Allow yourself to act silly today... But maybe not at work.	Look at some photos that bring back great memories.
Remember a teacher that inspired you.	Discover a cool new place in your neighborhood.
Breathe some fresh air and look at the sky.	Find a bench at your local park and watch the sunset.
Remember a childhood friend who showed you something new.	When you see clouds, try to pick out shapes like when you were a kid.
Look at photos from the last place you visited, think of the next trip you'd like to take.	Think of something you love. Now google it and learn something new about it.
Unplug from all electronics for a few hours and do something you love.	Light candles, put on a treatment mask and take a long shower.
Think of your first crush... remember how that made you feel.	Remind someone you care about that you care about them.
Dress up this week and take a few selfies. You'll look great.	Cook your favorite dish and serve yourself a good portion.
Look up cute animal pictures on google and aw for a while.	Remember when you wanted to have what you have now.
Do something positive for your body... and make it fun.	Find a gift you can give a friend, no matter how small.
Think of someone who wronged you; and forgive them.	Remember the last time you laughed until you cried.
Perform a random act of kindness for a stranger.	Eat something decadent... and don't feel guilty.

Listen to an album you love from start to finish.

Call an old friend and see how they are doing.

Compliment someone and make them smile.

Find some time to be with a friend this week.

Watch an old movie that makes you happy.

Stop and, literally, smell the flowers today.

Revisit a book or movie that inspires you.

Treat yourself to something nice today.

Smile at someone you don't know.

On the next clear night, stargaze.

Listen to an old song you loved.

Set aside some 'you' time tonight.

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