Ring a friend

Write a card for someone

Wear lip-gloss

Buy fresh flowers

Give your child 10 kisses!

Take a photo of something happy

Light a candle

Pick a wild flower

Play your favourite song

Read a magazine

Sit in the sun for a minute

Smile at a stranger

Walk barefoot on the grass

Reconnect with someone

Have dessert

Wear a necklace

Have a moment of quiet

Look at the stars

Visit a second hand shop

Bring to mind a special memory

Drink 8 glasses of water today

Stand under a tree

Enjoy tea in a pretty cup

Stretch

Write down 3 goals

Google a dream holiday destination

Wear a flower in your hair

Put vanilla sticks in your drawers

Do a random act of kindness

Look through old photos

Take 10 deep breaths

Put moisturizing cream on your hands

Watch the sunset

Look for butterflies

Have dessert

Watch the clouds for a minute

Compliment someone

Find a pretty leaf

Listen to the birds

Go somewhere high and enjoy the view