



Try a new fruit	Compliment a stranger	Write down one thing you'd like to accomplish this year and put it somewhere you will see it every day
Change up your fashion - wear something you haven't worn in at least six months	Clean out your closet and donate to charity	Start a conversation with someone you don't know
Try a new vegetable	Eat something spicy	Try a new cuisine
Start a journal	Apply to volunteer one day a month at an initiative you care about	Listen to a new band
Listen to Jazz	Call someone in your family you haven't spoken to in awhile	Meet a friend you haven't seen in awhile
Reach out to an old teacher who made an impact on you	Write down three things that went well for you	Go to a museum
Take a photo of something you find beautiful but don't understand	Read a poem and write down how it makes you feel	Write a poem
Follow a random account on Instagram	Go to a dance class	Eat something you usually deny yourself
Tell your reflection something you like about it	Try on an outfit you would never normally wear	Throw someone a party



Throw yourself a party

Tip extra big

Give something to a homeless person

Say hello to a homeless person and ask them if there is anything you can do for them

Wear your hair differently

Wear a piece of jewelry you'd forgotten about

Cry, even if you're not sad

Watch a movie you loved from your childhood

Book a flight/train to somewhere you've never heard of

Learn three words in a different language

Try knitting

Try singing

Sing your favourite song out loud

Take a long bath/shower

Touch your toes, and if you can't keep trying each day until you can

Eat a vegetable you've never tried before

Go see a stand up comedy show

Go watch a cabaret show

Tell someone you love them

Share a secret

Wear a hat

Swap lunches with a friend/colleague

Pay for dinner with a friend for no reason

Smile at a stranger

Try the most unusual thing on the menu

Say "yes" to everything

Find a penpal and write a letter a month to them



Do not check social media

Text someone you fell out with that you're sorry

Get a manicure

Soak your feet and give yourself a foot massage

Apologise to yourself every time you think negatively about yourself

Stay in bed for 10 minutes longer

Let go of that thing you can't forgive yourself for

Ask to pet a stranger's dog

If something hurts stop doing it

Meditate for 10 minutes

Give yourself a hand massage

Take 15 minutes to read something silly

Get a pedicure

Give yourself a facial

Re-read your favourite book

Sit in nature for a full 10 minutes

Take a photo of something you've never noticed before

Smile at a baby

Give someone you care about a shoulder massage

Ask your boss for a raise

Listen to only classical music

Listen to only 80's music

Listen to only 90's music

Ask for what you need

Listen to people

Don't produce any trash

Touch something beautiful



Be kind to yourself

Sit somewhere new

Take a walk

Ride a bike

Do something scary

Go to a second hand shop and
imagine
the previous lives of the items
there

Order dessert

Make cookies

Give a compliment to a colleague

Hold the door for everyone

Go to the cinema alone

Have a meal out alone

Reach out to an old friend who you
don't speak to anymore

Give someone flowers

Don't watch any TV

Go for a short run

Go for a long run

Write a poem for someone

Try knitting

Let someone go ahead of you in
line

Eat with your hands

Eat with chopsticks

Drink more water

Leave a friendly note in a book for
someone to find

Send a card to someone you
want to thank

Make a cup of tea for someone
who
you wouldn't usually

Offer to donate your skills or
services
to someone/somewhere in need



Wear a scarf

Sleep somewhere new

Sleep under the stars

Go to work a different way

Take the bus

Take a walk with no planned destination

Start a book club

Ask your boss or a teacher for feedback

Listen to a new podcast

Do a dance move you've never done before

Take a nap

Ask for help

Eat a new candy bar

Try a new flavour of ice cream

Walk across a bridge

Book a weekend away

Go to a park and dance

Write a letter to someone who is incarcerated

Go into a fancy furniture shop and sit on all the furniture

Do what you love for at least one whole hour

Make some art

Do a self-portrait with your eyes closed

Don't Google anything today - wonder about something instead

Look up at the stars

Count all the ways you are lucky

Buy a scratch card

Send someone you love a photo of your face



Tell someone about something you're proud of

Try a food you didn't used to like has anything changed?

Don't judge anyone

Say yes to everything this week

Smile at a baby

Play pretend

Meet with a financial advisor

Read a non-fiction book

Read a comic book

Read a book that was originally written in another language

Make a bar of soap

Make dinner for someone

Visit a nursing home

Visit an animal shelter

Unfriend someone on Facebook who doesn't share your values

Go to a talk about a topic you're interested in

Pick some flowers

Do a long yoga routine

Make a jack-o-lantern when it's not halloween

Get dressed up

Be vegan for a day

Be vegetarian for the day

Make a bath bomb

Only say positive things

Do something that scares you

Try a new food

Slow down



Walk to work or school

Stop holding a grudge

Write down three things you're grateful for

Write a story no one will ever read

Think up an idea for a play

Host a trivia game during lunch

Invite someone new to dinner

Do a cartwheel

Do something you used to love

Play

Tell someone something nice you noticed about them

Compliment someone walking down the street

Cry and don't stop yourself

Don't apologise

Take up space

Clean your kitchen

Go through your books and donate any you don't want

Send someone a song

Send someone a funny video

Write down three things you find inspirational and hide them in places for someone to find

Wear something red

Wear something blue

Wear something yellow

Change your bedsheets

Organise your shoes

Research your next big trip

Book your next big trip



Have an adventure at lunch

Open a window and get some air

Give someone a hug

Buy a homeless person a hot drink and ask them what their name is

Say you're sorry

Make granola

Draw anything

Draw what you think you look like

Draw your favourite animal/creature

Learn to love a new animal

Go to a pet shop and watch the fish

Go to a museum and sit in front of a piece for at least 15 minutes.

Sculpt an animal from clay

Make a piece of jewelry

Sit up straight

Make a facemask

Learn five words in a new language

Learn three things about a religion you're not familiar with

Take a different route to work/school/home

Create a treasure hunt for a friend

Check in on someone you haven't for awhile

Try a new shampoo

Try a new toothpaste

Make someone a present that costs nothing

Join a bookclub

Keep a secret

Don't wear underwear



Use no plastic

Learn to french braid

Write a rap

Organise your desk

Light a candle

Meditate for five minutes

Light incense

Take a photo of something sweet
and
post it on Instagram

Put a note in the coat pocket of
someone you admire

Swing on a swing

Slide on a slide

Learn all the words to a new song

Watch a movie that makes you
happy

Try a new flavour of tea

Try a dairy alternative

Google something and become an
expert

Watch a nature documentary

Give yourself a scalp massage

Spend no time today wondering
what others think of you

Find a charity you'd like to support
and research how you can help

Open the door for everyone

Fail at something and be OK with it

Try an ambitious recipe for dinner

Sign up for a group activity

Do a dance somewhere out
of the ordinary

Tip a busker

Go see a tourist attraction in your
city



Eat a bagel with an unexpected topping

Smash the patriarchy

Demand the credit you deserve

Eat something you enjoyed in your childhood

Really engage with the service people you encounter

Watch a sports game

Eat a meal blindfolded

Don't consume sugar

Write a kind email and send to everyone in your contacts

Send a silly GIF to someone who needs it

Open a new Instagram account and dedicate it to your passion

Make a new piece of jewelry from an old piece of jewelry

Kiss someone new

Put a pound aside each day this week and at the end buy something for yourself

Try acupuncture

Go to bed an hour earlier

Read 50 pages of a book

Curl your hair if it's straight, straighten it if it's curly

Don't wear deodorant

Try a new perfume

Take a bus ride and get off somewhere that looks interesting that you've never been to

Try your eggs a different way

Identify your worst habit, start from today to stop

Lip-sync to your favourite song

Dance in the rain

Donate canned goods to a shelter

Mean everything you say



Try a new lipstick shade

Find out what your spirit animal is

Find out which country has the most cows

Make homemade lemonade

Bake a treat and bring it into your office for people to enjoy

Make a gratitude list - hang it up

Buy something from an independent shop

Figure out who your favourite artist is

Listen more than you speak

Say you're sorry to someone you hurt a long time ago

Invest in someone or something

Let that shit go

Recycle everything you want to throw away

Speak your truth

Do your thing

Be unapologetically you

Say something to someone you've always wanted to, but been too afraid to

Eat cake

Nurture your hidden talent

Take your time

Listen to an old album you used to love

Make someone a "mixed tape"

Speak up if it's bothering you

Get lost

Leave your phone at home

Ask for forgiveness

Bring someone a plant or flowers



Ask someone how you can help them

Paint something

Fix that broken thing or throw it away

Braid someone's hair

Do something creative

Stop that pattern of destructive behaviour

Let yourself succeed

Write a poem to yourself

Write a love letter to yourself

Take time to be alone

Seek no one's approval

Dance as much as possible

Shine on

Try a new form of exercise

Download a guided meditation and do it

Sign a petition about something you care about

Make lip gloss

Say what's on your mind

Blow bubbles

Try a new coffee drink

Avoid all big retailers

Do one thing just for the pleasure of it

Go to a life drawing class

Have a party where all your friends draw each other

Say something nice to each person you encounter

Play a game with someone

Make a list of all your best qualities



Start saving for your dream vacation

Only eat fresh food

Only drink water

Ask for something back you let someone borrow

Plant something

Take a photo of one of your friends and make art out of it

Hold someone's hand

Choose yourself a new, fun job title

Support a local initiative in some way

Give yourself a makeover

Give your friend a makeover

Congratulate someone on an achievement

Write the first chapter of your book

Invite someone who is very different to you for coffee

Share something you love with someone

Make soup

Make something new out of something old

Go see a drag show

Go to the theatre alone

Listen to your dad/mom's favourite band for the day

Ask your parents what their dreams are

Rearrange the furniture in one of your rooms

Buy something from a second hand store and give it new life

Make a donation to a cause you care about

Try a new hot sauce

Eat something new for breakfast/lunch/dinner

Try a new exercise class



Read under a tree

Do five push ups

Get on a train to somewhere new - even if it's just one extra stop

Part your hair differently

Be open to the opinions of others

Listen to chanting

Write down your dream try and figure out what it means

Have your tarot cards read

Draw a hopscotch board on the sidewalk and get people involved

Try making your own pastry

Pick a country at random and try to learn as much about it as possible

Pick a date at random and go on vacation on that date

Invite someone to dinner that has different views to you

Be open to all possibilities

Make something out of papier mache

Start something new

Bring flowers to a stranger's grave

Clean out your kitchen cupboards

Write a letter to yourself and read it in three months

Write down one thing you'd like to accomplish this year and put it somewhere you will see it every day

Get to know someone on a deeper level

Instead of asking people "how are you?" try "what moves you?"

Avoid caffeine

Try a 30-minute yoga routine

Buy something from a street vendor

Don't swear

Learn a new word and use it three times



Don't say "no" to anything

Make a mess

Make dinner for someone

Make bread

Speak up

For everything you buy today, buy the same and donate it to charity

Any spending you do today, donate the same amount to a charity

Say when you've had enough

Give a high-five to everyone you encounter