

# 24 THINGS TO DO

## WHEN YOU'RE HAVING A BAD DAY

- 1 Go outside for a walk
- 2 Take a hike down an unknown trail
- 3 Take a 15-minute workout or just jump up and down a few times
- 4 Get dressed, put on some makeup
- 5 Prepare a healthy meal - Think energizing fruits and leafy greens.
- 6 Make your own juice or go to a juicery
- 7 Play with your dog/cat or find someone's dog to play with.
- 8 Take a nice, hot, shower
- 9 Visit your favorite coffee shop
- 10 Think of 5 nice things to say before bad-mouthing anything
- 11 Cuddle someone
- 12 Eat some chocolate
- 13 Meditate - Inhale the good sh\*t, exhale that bad sh\*t
- 14 Write a list of all of the things you are grateful for.
- 15 Dream a little - create a list of goals and break them down into monthly/weekly/daily steps.
- 16 Listen to your favorite song and dance! Sing! Yell your favorite lyrics
- 17 Read a good book.
- 18 Spend time with your family
- 19 Learn to do something new - try to align the new skill with the goals listed in step 3
- 20 TURN OFF YOUR PHONE or don't go on social media for the
- 21 rest of the day  
Get off of the computer and/or stop checking your email.
- 22 Watch a short motivational video on Youtube
- 23 Block/unfollow accounts on social media that bring down your self-confidence
- 24 Draw or paint
- 25 Laugh. Laugh at the trivial things. Laugh for no reason.