

Accept help

© Possibility Printables 2019

**Eat something in
season**

© Possibility Printables 2019

Allow more time

© Possibility Printables 2019

Practice smiling

© Possibility Printables 2019

Brush your hair

© Possibility Printables 2019

Do your nails

© Possibility Printables 2019

Ask for a miracle

© Possibility Printables 2019

Ask for help

© Possibility Printables 2019

**Find a special stone
to carry**

© Possibility Printables 2019

**Create a belly laugh
video playlist**

© Possibility Printables 2019

**Clean out a junk
drawer**

© Possibility Printables 2019

Change your routine

© Possibility Printables 2019

**Play with your
handwriting**

© Possibility Printables 2019

Create a pen name

© Possibility Printables 2019

**Make a list of your
superpowers**

© Possibility Printables 2019

**Do one thing at a
time**

© Possibility Printables 2019

**Take something off
your schedule**

© Possibility Printables 2019

**De-clutter something
that's bothering you**

© Possibility Printables 2019

Take a sick day

© Possibility Printables 2019

**Reach out to a
friend**

© Possibility Printables 2019

**Learn what weeds
grow in your yard**

© Possibility Printables 2019

**Sit down with a cup
of tea**

© Possibility Printables 2019

**Drink a tall glass of
water**

© Possibility Printables 2019

**Buy your inner child
a gift**

© Possibility Printables 2019

Go to bed early

© Possibility Printables 2019

**Identify the trees
near you**

© Possibility Printables 2019

Visit the library

© Possibility Printables 2019

Go on a color walk

© Possibility Printables 2019

**Give yourself a hand
massage**

© Possibility Printables 2019

**Give a no-occasion
gift**

© Possibility Printables 2019

**Go out and look at
the moon**

© Possibility Printables 2019

**Look at the night
sky**

© Possibility Printables 2019

**Watch a sad movie &
cry your eyes out**

© Possibility Printables 2019

Hum

© Possibility Printables 2019

**See a movie by
yourself**

© Possibility Printables 2019

Write in your journal

© Possibility Printables 2019

Learn a new word

© Possibility Printables 2019

**Unearth an old
interest**

© Possibility Printables 2019

**Listen to bird calls,
surf, wind crickets**

© Possibility Printables 2019

Light a candle

© Possibility Printables 2019

**Learn how to say
thank you in another
language**

© Possibility Printables 2019

Make a drawing

© Possibility Printables 2019

**Listen to music lying
on your back**

© Possibility Printables 2019

**Make one goal for
the day**

© Possibility Printables 2019

Make a God-box

© Possibility Printables 2019

**Make your own
lottery ticket**

© Possibility Printables 2019

Make up a song

© Possibility Printables 2019

**Write a gratitude
list**

© Possibility Printables 2019

**Name the
constellations**

© Possibility Printables 2019

**No reading for a
day**

© Possibility Printables 2019

**A day of only
reading**

© Possibility Printables 2019

**Speak good of
yourself: "I am..."**

© Possibility Printables 2019

**Navigate your room
by touch**

© Possibility Printables 2019

**Close your eyes and
listen**

© Possibility Printables 2019

Have quiet hour

© Possibility Printables 2019

**Get up and dance
wildly**

© Possibility Printables 2019

**Pick up your guitar
and play**

© Possibility Printables 2019

**Pretend you have
arrived**

© Possibility Printables 2019

**Pray for someone
else**

© Possibility Printables 2019

**Play with a kitten or
puppy**

© Possibility Printables 2019

Question reality

© Possibility Printables 2019

**Get rid of something
you don't like**

© Possibility Printables 2019

**Research your funny
bone**

© Possibility Printables 2019

**Say I love you in the
mirror**

© Possibility Printables 2019

**Ask a 'tween to teach
you something cool**

© Possibility Printables 2019

Go for a bike ride

© Possibility Printables 2019

**Say thank you
instead of I'm sorry**

© Possibility Printables 2019

Send a card

© Possibility Printables 2019

**Write a love note to
yourself**

© Possibility Printables 2019

Plan to sleep in

© Possibility Printables 2019

Sit under a tree

© Possibility Printables 2019

Sing

© Possibility Printables 2019

Soak in a hot tub

© Possibility Printables 2019

Stretch

© Possibility Printables 2019

Take a color bath

© Possibility Printables 2019

**Take a walk with a
camera**

© Possibility Printables 2019

Take a nap

© Possibility Printables 2019

**Take a news
vacation**

© Possibility Printables 2019

Take an air bath

© Possibility Printables 2019

**Take 10 deep
breaths**

© Possibility Printables 2019

**Treat yourself to a
meal out**

© Possibility Printables 2019

**Plan a party just for
you**

© Possibility Printables 2019

**Thank your guardian
angel**

© Possibility Printables 2019

**Tell your body you
love it**

© Possibility Printables 2019

Unplug for an hour

© Possibility Printables 2019

**Walk without a
destination**

© Possibility Printables 2019

Warble tunelessly

© Possibility Printables 2019

Write a prayer

© Possibility Printables 2019

**Write a letter to
your guiding spirit**

© Possibility Printables 2019

**Write a letter to the
editor**

© Possibility Printables 2019

**Write down your
wildest dreams**

© Possibility Printables 2019

**List your worries on
paper, then put them
aside**

© Possibility Printables 2019

**Examine your
assumptions**

© Possibility Printables 2019

**Go someplace & yell
your head off**

© Possibility Printables 2019

**Resist the urge to
explain yourself**

© Possibility Printables 2019

Release expectations

© Possibility Printables 2019

Weed a garden

© Possibility Printables 2019

**Dead-head your
flowers**

© Possibility Printables 2019

**Sweep your front
steps**

© Possibility Printables 2019

Write a poem

© Possibility Printables 2019

Go to an art museum

© Possibility Printables 2019

© Possibility Printables 2019

© Possibility Printables 2019

© Possibility Printables 2019

© Possibility Printables 2019

© Possibility Printables 2019

© Possibility Printables 2019