

42 Easy Challenges to Lift Your Spirits

Need a quick jolt of energy and cheer? Try these easy challenges. Complete one every day, or see how many you can finish in a single day. Cross them off as you go—gold star for you!

| | | | | | | |
|--|---|---|---|---|---|--|
| 1 Clear off one shelf | 2 Make something—whether it's as simple as a plate of cupcakes or as complex as a wooden chair | 3 Help someone move forward—teach someone a skill, make an introduction, act as a sounding-board | 4 Learn to do something new | 5 Replace all burned-out light bulbs | 6 Donate to a cause you believe in | 7 Write a haiku |
| 8 Eat a meal in an unusual spot or have family members switch from their usual chairs | 9 Spend 30 min reading or listening to a book from your "to read" pile | 10 Decide you don't want to read a book in your "to read" pile and plan to give it away | 11 Use an appliance that's never been used before | 12 Use something that's been gathering dust—play the piano, pull out the sewing machine, flex those exercise bands | 13 Catch up on magazines | 14 Take a moment to appreciate the flavor of ketchup |
| 15 Make a list of your 30 favorite TV shows, or movies, or books | 16 Take the first three steps toward crossing a major nagging task off your to-do list | 17 Use a face, body, or hair product that you own but never used | 18 Wear a costume during a video call to surprise people on the other side | 19 Write an email or letter to someone you love | 20 Sharpen your knives | 21 Download and use an app that you've been meaning to start using |
| 22 Reorganize a space in your home to make it more comfortable or better suited to a new function | 23 Find a happy photo taken with some friends or family and send it to everyone in the photo | 24 Experiment with a new form of exercise | 25 Have a "picnic," in whatever form that might take | 26 Update your resume, LinkedIn profile, or cover letter | 27 Unsubscribe to email newsletters you no longer read | 28 Check under all the beds—you might find things you've lost, or that you forgot you had |
| 29 Do 50 jumping jacks | 30 Make a point of using up all the mostly-eaten containers of food | 31 Squeak some cornstarch between your fingers | 32 Declare a Family Prank Day | 33 Sit outside and listen to the birds | 34 Re-read old journals or look through old photo albums | 35 Make a Scrapbook of Now |
| 36 Tackle some pet care—give your dog a bath, change the water in your fish tank | 37 Go for a 20-minute walk outside | 38 Mail a handwritten postcard | 39 Use the "good china" or fancy plates you don't use often | 40 Use something you've been saving like candles, nail polish, or lotion | 41 Do someone else's chore, as a treat | 42 Delete all unused apps from your phone |