

# 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