



Quick & Easy #BragOutLoud

- # refill your water
- # putting clean sheets on
- # tossing out old food
- # taking a shower
- # throwing away old cosmetics
- # showing up today
- # smiling
- # taking a break
- # taking a walk
- # refilling your water
- # eating a meal
- # grabbing a snack
- # looking for a brag on this list
- # posting your #BragOutLoud
- # sharing your biggest accomplishment ever
- # telling us your last charitable act/donation
- # taking your supplements/meds
- # sharing your most recent healthy choice
- # indulging your last guilty pleasure
- # saying yes to that inner voice
- # putting on clean underwear
- # using your blinker
- # going grocery shopping
- # savoring your favorite treat
- # going for a walk/run
- # finishing that last article
- # getting 'it' done
- # finishing that season on Netflix
- # asking for help
- # putting on music to work by
- # staying warm/cool
- # sending love out into the universe
- # waking up today
- # starting that project you're avoiding
- # getting out of the house
- # snuggling up
- # closing your eyes and recouping for 3 minutes
- # looking for answers
- # caring about anything
- # putting something away
- # working on your self talk
- # trying to love yourself more
- # wanting more for yourself and others
- # trying something new
- # getting gas/refilling your metrocard
- # eating yummy food
- # setting that goal
- # working towards your goals
- # stumbling
- # trying
- # loving
- # ordering/asking for what you need
- # trying to meditate
- # attempting selfcare
- # looking for something beautiful
- # getting the mail
- # loving on an animal
- # working
- # resting
- # using the fancy stationery
- # landing that gig
- # saying no
- # trying to socialize
- # looking up at the sky
- # enjoying the rain
- # talking with a friend
- # finding a penny
- # turning in your reward points
- # using a gift card
- # saying yes when it felt good
- # upsizing your movie popcorn
- # drinking water
- # brushing your teeth
- # swapping out the laundry
- # swaying to the music
- # cleaning off your workspace
- # trying a new recipe
- # returning a library book
- # opening the windows for a breeze
- # light the candle you've been saving
- # turning your phone off for 30 minutes
- # starting your grocery list
- # putting on your favorite scent
- # looking through old photos
- # washing your face
- # sitting outside with a fresh tea/coffee
- # writing in your journal
- # stretching your arms
- # reading your favorite book
- # closing your laptop
- # turning off your notifications
- # trying to setup a girls' date
- # sneaking some wild flowers into the house
- # doodling in the margins
- # sending a thank you card
- # recycling anything
- # swapping out your seasonal clothes
- # ordering takeout instead of cooking
- # watering the plants
- # putting on some lotion
- # one a deeeeeep breath