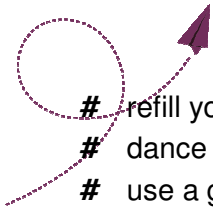


Quick & Free Celebrations



- # refill your water
- # dance for 30 seconds
- # use a gift card
- # eat the treat you saved
- # read a chapter of your favorite book
- # go for a walk
- # watch a silly animal video
- # sort your mail
- # put on lotion
- # doodle
- # meditate
- # jam out
- # dance in the kitchen
- # try an old recipe
- # eat a vegetable
- # reheat leftovers
- # sit outside
- # look up and notice the birds
- # take your socks off
- # open the windows
- # watch the sunset
- # sleep in
- # stretch
- # lay on the floor
- # dress up
- # wear the fancy jewelry
- # try a new hair do
- # snuggle up
- # straighten up
- # empty the dishes
- # start your grocery list
- # call a friend
- # warm up your tea/coffee
- # send a love note
- # put on perfume
- # brush your hair
- # return a phone call
- # cuddle
- # listen to a podcast
- # watch your favorite movie
- # use your art supplies
- # set a date for your hobby
- # color in your coloring book
- # shut your laptop for 15 minutes
- # bask
- # post your #BragOutLoud
- # literally pat yourself on the back
- # be alone for 3 minutes
- # wash your face
- # change your clothes
- # set a 'binge date'
- # water your plants
- # put on that scarf with a flourish
- # freshen your tea
- # grab a snack
- # use your favorite pen
- # soak your feet in a warm bath
- # daydream
- # plan a relaxing day
- # throw away an old pair of underwear
- # wear fuzzy socks
- # open the curtains and smile
- # put on a record
- # take a nap
- # karate chop the air like a ninja
- # read a limerick
- # look at old photos
- # make 'bad' art
- # take a shower
- # use your favorite mug
- # change your sheets
- # set your phone down & walk away
- # close your eyes for 3 minutes
- # use the fancy bath products
- # window shop
- # use the fancy stationery
- # make a cup of coffee
- # clean off your workspace
- # do jumping jacks
- # light a candle
- # sew on a missing button
- # use a heating pad and warm up
- # turn the fan on and cool off
- # read a saved article on your phone
- # strike a pose in the mirror and giggle
- # go for a run
- # listen to your favorite song
- # sing along to a musical
- # schedule a friend date
- # say "no"
- # sip a smoothie
- # do 5 minutes of yoga
- # air guitar (or drum solo) all by yourself
- # use that freebie you snatched
- # indulge your sweet tooth
- # create a new playlist
- # go to the gym
- # take a selfie
- # jump on the bed
- # breathe