

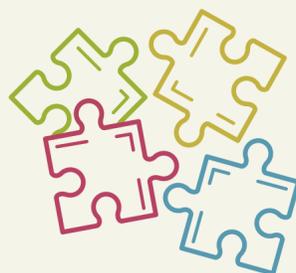
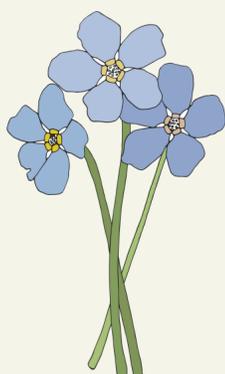
# Feel Good Activities

1. Watch the sunset
2. Go stargazing
3. Grab a coffee
4. Arts and crafts
5. Light a candle
6. Try a new recipe
7. Write a letter
8. Organise your wardrobe
9. Care for a pet
10. Birdwatching
11. Visit a park
12. Write a gratitude list
13. Search for new music
14. Look at old photos
15. Go for a bike ride
16. Play a board game
17. Donate old items to charity
18. Go swimming
19. Do yoga
20. Take photos
21. Draw or paint
22. Go to a concert
23. Attend a quiz night
24. Give someone a compliment
25. Stretching
26. Go out for dinner
27. Bake a dessert
28. Volunteering
29. Listen to a podcast
30. Lying in the sun



# Feel Good Activities

31. Do a puzzle
32. Spa day
33. Stargazing
34. Do something new
35. Go shopping
36. Doodling
37. Call your family
38. Have a nap
39. Call a friend
40. Rearrange your furniture
41. Buy some flowers
42. Go hiking
43. Have a picnic
44. Learn a new language
45. Meditate
46. Exercise
47. Take a bath
48. Buy gifts
49. Read a book
50. Walk barefoot
51. Singing
52. Eat an ice-cream
53. Write in journal
54. Sign up for the gym
55. Making pottery
56. Clean your shoes
57. Make home-made pizza
58. Plan holidays
59. Buy yourself something nice
60. Go to a flea market
61. Solve a riddle
62. Make a to-do list
63. Turn off electronic devices
64. Breathing exercises
65. Sightseeing



# Feel Good Activities

66. Organise your workplace

67. Watch a movie

68. Spend time alone

69. Gardening

70. Upcycle

71. Dress up

72. Attend a wine tasting

73. Camping

74. Clear your mail inbox

75. Eat fresh fruit

76. Get a massage

77. Visit your neighbours

78. Clean your room

79. Wash your bedding

80. Invite a friend over

81. Walk a dog

82. Get up early

83. Go dancing

84. Taking a class

85. Shaving

86. Go to a museum/art gallery

87. Help a stranger

88. Have a BBQ

89. Say 'I love you'

90. Plan a surprise

