

29 IDEAS TO GET YOUR MOJO BACK AND FEEL LIKE YOUR LIT UP SELF AGAIN!

- 1 Set up a hair, nails or face appointment and revel in having something on the calendar just for you. ☐
- 2 Go to bed reallllllly early. Like embarrassingly so. You deserve a full night of rest. ☐
- 3 Skip working out today and dedicate the time instead towards something you love doing. ☐
- 4 Pick out a piece of clothing that you're obsessed with, but are saving for a special occasion and WEAR IT today. Even if it's just around the house. ☐
- 5 Text a friend who makes you laugh. ☐
- 6 Buy an ice cream sundae. No, not a cone, a sundae. ☐
- 7 Ask Claude to give you a breakdown of a perfect day in your fave locale (Paris? Bangkok? Tulum?). Read it over and over and let yourself feel what it would feel like to be there. Start dreaming! ☐
- 8 Journal. You know it works. ☐
- 9 Open all the windows in your house and let the fresh air bring new life back in. ☐
- 10 Drive a different way to work or school today and notice three new things. ☐
- 11 Talk to a stranger. ☐
- 12 Pull up a photo of yourself from ten years ago and marvel at your gorgeous self. Now go to the mirror and look at yourself through your eyes ten years from now. ☐
- 13 Write down three things you like about yourself. ☐
- 14 Donate money to a cause you believe in. ☐
- 15 Set up a time (right now!) to volunteer for an organization that you feel passionately about. ☐
- 16 If you have little kids, tickle them and chase them through the house so you can revel in their laughs. ☐
- 17 If you have older kids, tell them three ways they make you proud (and then give them a big ole hug!). ☐
- 18 Put on your all-time favorite song and sit down and really give yourself the space to listen to it (or if you're feeling saucy, dance) ☐
- 19 Put your phone in a drawer and go outside for a slow walk around the neighborhood. ☐
- 20 Hit the local donut shop and drop off surprise treats on your neighbors' doorsteps. ☐
- 21 Go to your local bookstore, coffee shop, or gift store and buy yourself a decadent treat (or simply take the time for a leisurely browse!) ☐
- 22 Get on Marco Polo and send a Polo to a friend that you really miss. ☐
- 23 Think about one of your fave dates with your partner. Set up a time to recreate it. ☐
- 24 Send a friend or family member a surprise gift (or gift card if you can't make it to the post office!) ☐
- 25 Sign up for a monthly subscription service for something you're really into so you have something to look forward to (you could do [Book of the Month](#), [a puzzle subscription](#), get a [monthly board game](#), or try [new make up every month](#)). ☐
- 26 Go to a movie, get yourself a big ole bucket of popcorn, and give yourself over completely to the experience. ☐
- 27 Write down a moment in your life you felt truly in your own skin. Ask yourself what made it feel so right? Don't do anything with the info. Be ready, though, because life is going to give you another chance to recreate that feeling. ☐
- 28 Book a night in a hotel room to do whatever you want (sleep, read, binge your favorite show, order room service, stare at the ceiling). ☐
- 29 Stop by an art gallery for a half hour and give yourself space to contemplate the paintings. ☐