

## Things to do:

- Pray
- Meditate
- Rest
- Play
- Get physical exercise
- Go to the museum
- Be with friends & family
- Express gratitude
- Help a teenager
- Go to the garden
- Listen to dreams
- Visit sacred places
- Be courageous
- Stand up for others
- Act from your deepest values
- Be awake to reality
- Go on retreat
- Experience solitude
- Write a letter
- Write an essay
- Write a poem
- Write a story
- Write music
- Listen to music
- Do what needs to be done
- Embrace your beloved
- Dance
- Whistle, sing, and play musical instruments
- Have a peak experience of the oneness of all things
- Nap
- Walk in the beauty of nature
- Create
- Stand up for yourself
- Laugh and joke
- Eat and drink healthful foods and beverages
- Learn a foreign language
- Help another
- Travel
- Read
- Watch a movie with others
- Learn
- Love
- Care
- Hang out
- Teach
- Follow the path of your greatest potential
- Work on the house
- Work on the yard
- Go to the beach