

Happiness List: Things that Make You Lighter

1. Put bananas on everything
2. Leave a funny joke on a stranger's windshield
3. Follow a butterfly
4. Wear your fat pants all week
5. Make silly faces in the mirror
6. Hang out at the swings
7. Let a kid beat you at a game
8. Go bowling and try for gutter balls
9. Go roller skating and request your favorite song
10. Switch something from forwards to backwards
11. Have a tailgate party in the parking lot after work
12. Make a snow angel
13. Skip down the street
14. Sing in the rain
15. Jump in a mud puddle
16. Take pictures upside down
17. Fall in love with your bathtub
18. Practice Kung Fu moves in your pajamas
19. Procrastinate
20. Lounge on the grass
21. Taste something new at the grocery store
22. Listen to a bird
23. Write a thank you note to your postal worker
24. Laugh at yourself
25. Draw with clouds
26. Put your hands in the dirt
27. Risk telling a joke
28. Open an old box and discover what's inside
29. Construct a sandcastle on the beach
30. Relax when you should be working
31. Buy someone you love a lottery ticket
32. Splash cold water on your face
33. Think about baby birds
34. Reveal a silly secret
35. Buy a friend a cup of coffee
36. Remember your favorite day
37. Name a star and make a wish
38. Help someone
39. Buy flowers for yourself
40. Give flowers to someone else
41. Scatter rose petals in your bathtub
42. Write a compliment on a Post-it note and give it to a stranger
43. Turn your face to the sun
44. Swing upside down like a monkey
45. Write in purple
46. Buy a cake for work and have your favorite motto written on it
47. Break a rule
48. Smile at someone new
49. Wear your shirt backwards
50. Wear two different colored socks
51. Dance in the car
52. Do a private striptease for your pet
53. Pop bubble wrap with abandon
54. Write your notes to self backwards
55. Use your non-dominant hand to brush your teeth
56. Hug a tree
57. Nap in the middle of the day
58. Scatter seeds
59. Sit in the dark and listen
60. Write a love letter to yourself
61. Answer it
62. Look inside flowers
63. Unplug yourself from the world
64. Wear only pink
65. Stack stones in random places
66. Plant a tree
67. Wear outrageous colors of make-up
68. Flip your thought over
69. Turn your day upside down
70. Create the opposite of right now
71. Dress like a cowgirl
72. Blow bubbles
73. Look up at the sky and smile
74. Look down at the ground and give thanks
75. Make up words
76. Take a chance
77. Give a friend a fortune cookie
78. Watch a funny movie
79. Read cartoons
80. Ride a bike in the rain
81. Cuddle with your pet
82. Do a head stand
83. Sing in the shower
84. Write down three things you appreciate
85. Write down three things you want to let go of and burn it
86. Buy your favorite stuffed animal and give it away
87. Eat a meal backwards (dessert then entrée)
88. Wear outrageous underwear
89. Wear glitter to work

90. Make only appetizers for dinner
91. Make breakfast for dinner
92. Wear your pajamas all day
93. Call in sick to work and take a stay-cation
94. Take your worse moment and imagine it as a comedy
95. Eat chocolate in the morning
96. Make origami and give it away
97. Feed pigeons in the park
98. Sweep the dirt out the front door
99. Spin around in a circle naked
100. Tie a love letter to a balloon and let it fly away