

31 THINGS TO DO WHEN YOU'RE HAVING A BAD DAY

- 1 Take a shower.
- 2 Jump up and down a few times.
- 3 Get dressed, put on some makeup.
- 4 Turn happy music on, loud.
- 5 Call your husband, mom, or a friend just because.
- 6 Make your bed.
- 7 Pray.
- 8 Take your vitamins.
- 9 Have a snack. Have a meal. Or a donut. Make a protein shake. Drink fancy coffee.
- 10 Go outside. Take a walk around your yard. Kick a ball around. RUN out and back in.
- 11 Let the sun from a window pour over you.
- 12 Give someone a genuine compliment. Email and tell them what they mean to you.
- 13 Take a break from social media.
- 14 Instead of gossip, bad-mouthing, or being negative, think of 5 nice things to say.
- 15 Set a timer. In 15 minutes you will do X. In 20 you will do X.
- 16 Organize something small and dedicate yourself to finishing.
- 17 Exercise. Get your kids to join in and try not to giggle at them.
- 18 Challenge yourself not to yell, or only speak in a pleasant tone. (Sarcasm is okay.)
- 19 Get down on the floor and play. Build a fort with your kids.
- 20 Read a story. Add silly voices.
- 21 Cuddle someone.
- 22 Get off the computer. Stop checking your email. Turn off phone notifications.
- 23 Find 5 beautiful things in your home. Find 5 things you love about your home.
- 24 Run to the store.
- 25 Take fun, cute, and silly pictures of yourself. Get the kids in on it.
- 26 Make something. Get crafty. Bake something.
- 27 Smile big for no reason and keep smiling. Even if it feels annoying.
- 28 Archive everything in your email inbox.
- 29 Plan dinner and get it all ready to go. If early enough, throw something in the crockpot.
- 30 Ask your kids to tell you jokes.
- 31 Laugh. Laugh a lot. Laugh really loud.

NOW, GO HAVE A BETTER DAY!