



# A Fun Day Just for Me

Make a list of simple things you can do any day to bring you a little more happiness. We've included some prompts to get you started.

Movies I'd like to see:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Museums I'd like to visit:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Places I could volunteer:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Books I'd like to read:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Exercise Group / Gym I'd like to join:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Music I like to listen to:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Places I can go for a walk:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

People I can visit / call:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Restaurants I want to try:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Shops I'd like to visit:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Places I can visit locally:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Classes I could join:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

DIY projects I could do:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Recipes I'd like to try:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Places I'd like to hike / bicycle:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Road trips I want to take:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Things that need cleaned/organized:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Other things I enjoy:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

*Spend time with my pet*  
*Dance until I drop*  
*Get a massage*

*Create a photo collage*  
*Create a video for loved ones*

*Facetime a friend*  
*Visit the spa*