

# 61 days

1. Journal – What do you want to grow?
2. Hug a tree
3. Take a bath
4. Go for a walk
5. Cuddle
6. Pay it forward
7. Text a friend a love note
8. Journal – What do you want more of?
9. Cloud gaze
10. Light a candle
11. Doodle or colour in
12. Hug 3 people today
13. Donate to your local food bank
14. Call someone you love
15. Share a joke and laugh!
16. Journal – How will you give today
17. Star gaze
18. Use your favourite essential oil
19. Listen to a guided meditation
20. Take a nap
21. Purge 4 items from your closet
22. Send yourself a love note
23. Brainstorm your life values
24. Journal – how do you receive
25. Watch the sunrise
26. Dry brush + oil your body
27. Random dance party!
28. Hold on a little longer
29. Exchange services or talents
30. Send mail to a friend
31. Plan a date with a friend.  
Schedule the next NOW

32. Journal – How do you want to feel?
  33. Gaze at the sunset
  34. Roll your feet
  35. Draw an intention card
  36. Laugh
  37. Unplug for 3+ hours
  38. Write an excellent review for a local small business
  39. Have a tea with a new friend
  40. Journal –What is it that you're trying to cultivate?
  41. Make a snow angel
  42. Do legs up the wall
  43. Write a poem
  44. Create a positive affirmation
  45. Slow down
  46. Watch your favourite happy movie
  47. Go to bed early
  48. Journal – What will you do to self care today?
  49. Look for pinecones
  50. Massage your hands
  51. Make a gratitude list
  52. Apologize
  53. Practice 5 minutes of mindful breathing
  54. Spend ten minutes in sunshine
  55. Happy CHRISTMAS! Drink extra water - give extra hugs
  56. Journal – How have you connected with nature today?
  57. Go for a hike
  58. Do a salt scrub in the shower  
Bask by a fire Read your favourite book
  59. Play a board game with family or friends
  60. Forgive someone - release your self
  61. Happy NEW YEARS EVE!  
Revisit + ADD to your Gratitude List
- LOVE YOU LIMITLESSLY –