

Make a wish

Write a wish list.
But only with things
you cannot buy.

1

Explore

Consciously take a different
route home today. Walk,
cycle or drive and make a
detour and discover new
paths.

2

Smile

Show everyone you meet today a smile and be happy if they smile back.



3

Enjoy

Eat a piece of chocolate or something you forbid yourself to eat. Savor it and enjoy the taste.



4

Thanks

Thank a loved one for
being here.

5

Hello

Call a friend or a family
member you haven't heard
of for a long time.

6

Listen

Make a playlist with relaxing songs for the cold season.

7

Smile!

Show everyone you meet today a smile and be happy if they smile back.

8

Slow down

Today instead of higher, faster, further do everything slower, more conscious and gentle.

9

Relax

Treat yourself to a long bath, a face mask or a different wellness moment. Enjoy it without any distraction.

10

Breathe

Sit down and take three deep breaths. Let the stress fade away and focus on your breath.

11

Look up

Tonight before you go to bed, go outside and take a look at the stars.

12

Love yourself

Come up with something you love about yourself. A part of your body or a personal trait? Just say:
I love myself

13

Offline

Turn off your mobile phone for an hour and put it away.

14

No

Today consciously say no to a thing that you don't want to do.

A solid orange semi-circle at the bottom of the page, containing the number 15 in white.

15

Unperfectly perfect

Be imperfect today. Let things be, wear your pajama the whole day and leave the chaos behind.

A solid light orange semi-circle at the bottom of the page, containing the number 16 in white.

16

Create

Make something with your hands today - craft, cook, bake, paint, write.

17

Winter walk

Go outside - alone, as a couple or as a family and simply stroll through the nature.

18

Listen

Today try to speak less and
listen more.

19

Good night

Go to bed an hour earlier
than usual.

20

Start

Start something new today
- a book, a podcast or even
a hobby.

21

Happiness

Think about something that
makes you happy.

22

Get cozy

Light up a candle,
brew yourself a nice cup
of tea and make
yourself comfortable.

23

Celebrate

Enjoy the moment and be
aware of everything that
happens around you. Get
out of your head and enjoy
the here & now.

24