

33 ideas to start your day feeling calm & content

1. Start your day with a glass of water before your coffee
2. Read a few pages of an inspiring book
3. Put your favourite song on
4. Have a dance
5. Write a gratitude list
6. Have a mindful cup of tea
7. Water your house plants
8. Go outside
9. Take 5 mindful, deep breaths
10. Doodle
11. Text a friend
12. Make your bed
13. Listen to your favourite podcast
14. Roll out your yoga mat and do 5 minutes yoga
15. Journal about how you're feeling
16. Write a letter to someone you care about
17. Post the letter
18. Plan your day ahead
19. Plan to meet a friend
20. Do a random act of kindness
21. Make an abundance list of all that is abundant in your life
22. Meditate
23. Repeat a mantra 5 times
24. Set an intention for how you'd like to feel today
25. Open your window
26. Set a timer for 5 minutes and tidy your desk
27. Make a hot drink with water, lemon and ginger
28. Put your 'best' clothes on
29. Tell someone you love them
30. Plan your meals for the day
31. Shake your body