82 PRESENTS TO GIVE YOURSELF

Walk instead of ride
Give yourself a compliment
Break a bad habit, if just for today
Search out a long-lost friend
Read a poem aloud
Look at the stars
Visit the sick and shut-in
Be thankful
Use a new word
Frame a picture
Enjoy silence
Walk to the nearest park
Forget an old grudge
Take yourself to lunch
Help a stranger
Try a new food
Go to the library
Take a risk
Jump in a pile of leaves
Tell someone you love him or her
Take a rainy day nap
Sign up for a class
Do something you've always wanted to do
Contact someone you've been thinking about
Meditate
Learn something new
Surprise a child
Hug someone
Sing in the shower
List 10 things you do well
Walk in the rain
Pay a compliment
Give away something you don't like
Waste a little time
Curl up before a fire with some cocoa
Buy a ticket to a special event
Return something you've borrowed
Organize some small corner of your life
Pop popcorn
Turn off the TV (or distractions) & talk
Draw a picture, even if you can't draw
Practice courage in one small way
Keep a secret
Eat with chopsticks
Go wading
Bake bread
Smell a flower
Kiss someone
Send a card to someone for no reason
Clean out your wallet
Take an early morning walk
Laugh at yourself
Tell a joke
Look at old photos
Walk barefoot
Talk to a pet
Visit a lonely person
Encourage a young person
Go for a swim
Give yourself a present
Build a sandcastle
Follow an impulse
Write a poem
Start a new project
Volunteer some time to a good cause
Have breakfast in bed
Reread your favorite book
Give your dog a bone
Take a different road to get home
Watch the sunset/sunrise
Let someone do you a favor
Allow yourself to make a mistake
Hide a love note where a loved one will find it
Make a surprise gift
Go to a fair
Lie on the grass
Do something hard to do
Rearrange a room
Get up before anyone else & spend time alone
Let someone love you
Hum
Light some candles & take a bath