



PRESENTS TO GIVE YOURSELF

- Courtesy of the Mental Health Association of Oregon -

- Encourage a young person.
- Walk instead of ride.
- Search out a long-lost friend.
- Look at the stars.
- Read a poem aloud.
- Forget an old grudge.
- Help a stranger.
- Use a new word.
- Listen to the rain.
- Waste a little time.
- Sit on the floor and read the dictionary.
- Give yourself a present.
- Tell someone you love them.
- Watch the sun set and rise.
- Take a risk.
- Kiss someone.
- Take a different road home.
- Turn off the TV and talk.
- Practice courage in one small way.
- Give yourself a compliment.
- Take a rainy day nap.
- Make your own candles.
- Listen to what you hear.
- Sign up for a class.
- Let the phone ring.
- Say yes; say no.
- Meditate.
- Learn something new.
- Sing in the shower.
- List 10 things you do well.
- Hum.
- Pay a compliment.
- Throw away something you don't like.
- Jump in a pile of leaves.
- Have breakfast in bed.
- Acknowledge when you're wrong.
- Pick up some travel brochures and dream.
- Volunteer some time to a good cause.
- Laugh at yourself.
- Walk barefoot.
- Get up before anyone else.
- Start a new project.
- Look into the heart of a flower.
- Study a dew-laden cobweb.
- Blow up a balloon and turn it loose.
- Organize some small corner of your life.
- Draw a picture, even if you can't draw.
- Bake bread.
- Keep a secret.
- Break a bad habit, if just for today.
- Send a card to someone for no reason.
- Clean out your wallet.
- Reread a favorite book.
- Don't do something or sit there!
- Let someone do you a favor.
- Rearrange a room.
- Give a dog a bone.
- Allow yourself to make a mistake.
- Tell a joke.
- Allow yourself to make another mistake.
- Drop a quarter where someone will find it.
- Let someone love you.

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