

1. <i>Be still and know that I am with you. Ps 46.10</i>	2. Pray for a family member who makes you smile.	3. Do an act of kindness.	4. Think of a good holiday memory.
5. Spend time with a good book.	6. Plan a nice meal.	7. <i>The Lord is on my side; I will not fear. Ps 118.6</i>	8. Put your feet up for an hour – and breathe.
9. Give yourself a treat.	10. Make someone smile.	11. Pray for a friend who makes you smile.	12. Daydream about your favourite pastime.
13. Give someone an unexpected call.	14. <i>Do not let your hearts be troubled and do not let them be afraid. Jn 14.27</i>	15. What made you smile yesterday?	16. Pray for someone you know needs your prayers.
17. Sing!	18. Watch a favourite film or tv show.	19. Give thanks for the roof over your head.	20. Dance!
21. <i>For with God nothing will be impossible. Lk 1.37</i>	22. Look at the beauty of God's creation.	23. Give thanks for the good food you enjoy.	24. Feed the birds.
25. When things return to normal, what is the first thing you'd like to do?	26. Pray for a child you know – can you make them smile?	27. Laugh!	28. <i>I can do everything through Christ, who gives me strength. Phil 4.13</i>
29. Open your window, breathe in the fresh air.	30. Give thanks for your pets if you have them. Or for those who bring joy to others.	31. Set yourself a task that is achievable and will give you joy.	32. Give yourself a pat on the back for yesterday.
33. Wear your favourite colour.	34. Read a poem.	35. <i>Give thanks to the Lord for he is good, his love endures forever. Ps 107.1</i>	36. Pray for someone you love.
37. Think about where you find God – in church, at home, in nature etc.	38. Give thanks for your relationship with God. Say 'hello' to God today.	39. Give somebody a plant or flowers.	40. Read your favourite bible passage / story.