

31 WAYS TO STOP & Smell the Roses



1 Let Your Child Choose (their clothes, dinner, the movie, etc) 2 Turn Off Your Phone or Leave it at Home

3 Pop Popcorn and Watch a Show as a Family 4 Play a Game 5 Read a Good Book 6 Take a Hike

7 Just Say NO to the Things that are Less than the Best 8 Live Like Life is Short 9 Bake Someone Happy

10 Soak in a Hot Bath 11 Cuddle with Your Peeps 12 Just Be You 13 Enjoy Today's Simple Pleasures

14 Make Bedtimes Special 15 Do Something Frivolous 16 Count Your Blessings 17 Get More Sleep

18 Treat Yourself to Fresh Flowers 19 Remember Your Greatest Adventure 20 Go on a Date with Your Sweetie

21 Identify Your Stressors and Pray 22 Do Something Unusual 23 Go for Coffee with Someone You Love

24 Browse the Bookstore 25 Phone Home or a Friend Who is Closer than Family 26 Watch a Chick Flick

27 Ask Your Mama or Mentor What She'd Do Differently 28 Take a Nap 29 Pretend with Your Kids

30 Enjoy a Cuppa Tea 31 Just Sit Still and Be © 2016 LifeAsMom.com. All rights reserved.