

# Fifty Quick Pick-Me-Ups

## Lift Your Energy in 10 Minutes or Less!

1. Walk over to the window. Look at the sky. Breathe deeply. Repeat.
2. Drink a glass of water with a lemon, lime, or orange slice.
3. Google a phrase such as “purple flowers” or “clouds in sky” or “silly faces.” Click to see images only. Bask in the small retreat.
4. Call a friend who always makes you laugh.
5. List ten things for which you’re grateful.
6. Find your dog, child, lover, sister, or friend and give ‘em a big hug.
7. Read a poem from *Ten Poems to Change Your Life* or visit <http://www.pbs.org/wgbh/poetryeverywhere>.
8. Send a text message to your mom or BFF + attach a photo memory.
9. Do a handstand, headstand, or ten jumping jacks.
10. Step outside (or open a window) and listen for birdsongs.
11. Watch a whimsical YouTube video like *Sound of Music/Central Station Antwerp*.
12. Do something to surprise someone: hide a note in someone’s bag, buy your child a book, or leave a \$5 bill hanging from a tree limb.
13. Whisper out loud the thing that you love best about yourself.
14. Call someone and leave a message saying what you love best about them.
15. Wear something bright red.
16. Curl up under your most cozy blanket, set the alarm, and take a 10-minute power-nap.
17. Visit a goofy websites like *Cake Wrecks*, *Catalog Living*, or *Awkward Family Photos*.
18. Sniff eucalyptus, lavender, rose, or pine.
19. Wear your very best piece of lingerie (or briefs!) underneath. Just for you.
20. Stand in front of the mirror and make silly faces.



The quick tips on this page are offered to you as part of Simply Celebrate’s mission to help people turn ordinary days into an extraordinary life. Check out the website for more tools, tips, and practices for waking up to all the joy, color, connection, and spontaneity that is available in every moment.

**SimplyCelebrate.net**

21. Take a ten-minute stroll down the street and pause every minute to notice something you've never seen before.
22. Eat some watermelon outside someplace where you can spit the seeds out.
23. Read two pages of that great fiction book you're immersed in.
24. Close your eyes and imagine lying under a cherry blossom tree, with a warm breeze blowing.
25. Take ten deep breaths through your nose, in and out, and focus only on the feel of the breath entering and exiting your body.
26. Open a magazine, find a photograph that you love, clip it out and paste it by your desk.
27. Put on your favorite upbeat song and turn up the volume.
28. Go green by walking around your home or office looking for objects that are green. Breathe in and out deeply for every one you find.
29. Shift your energy by moving five things around in the room you're in or on your desk.
30. Say, "thank you; I love you" to yourself twenty times.
31. Walk backwards down the hallway. (If you run into someone, it'll certainly energize them, too!)
32. Get a little wild: do a downward dog or the cat/cow.
33. Lie on your back, wherever you are, and pretend you are floating on water.
34. Jump in the shower and alternate hot and cold water. (Yiiii!)
35. Eat a handful of almonds.
36. Shrug your shoulders. (Seriously! Do it three or four times.)
37. Pretend like you're doing the tango and dance around the room.



38. Write down three things you're really proud that you've accomplished.
39. Cancel something: an email subscription, your agreement to make dinner, or plans you are ambivalent about.
40. Brew a cup of tea and allow yourself to slowly sip.

41. Get fresh! Chew some peppermint or spearmint chewing gum.
42. Think about your favorite color. Every time you see this color the rest of the day, smile.
43. Take the stairs, humming the theme song to “Rocky” as you go.
44. Snack on an apple smeared with peanut butter.
45. Straighten your shoulders. Raise your arms above your head. Clasp your hands behind your back and streeeeeeetch.
46. Rest your head on your desk, close your eyes, and imagine playing in the pool or in the snow as a child.
47. Pick up one bright orange Gerber daisy at the flower shop and put it on your desk.
48. Give someone you love a shoulder rub and get a lift from their gratitude.
49. Shake your fists high and fast in the air.
50. Close your eyes, wherever you are, and ask yourself: “What would give me energy right now?” Then do it.

Every day at the end of the day write in a journal three things that “sparkled” for you. These are your pinpricks of light. Maybe your niece giggling. Maybe the taste of lime. Maybe your favorite song, the clouds, a low-hanging moon. These moments will sustain you.



—Sherry Richert Belul