

18 THINGS TO NOTICE, ENJOY, AND DO JUST BECAUSE YOU CAN

- Spend a weekday somewhere everyone else is stuck at work.
- Notice the music playing in the grocery store.
- Sit outside long enough to feel the breeze change.
- Take yourself to lunch on a random Tuesday.
- Listen to the birds before turning on the TV.
- Walk through a store without rushing to get back home.
- Stop and actually smell the flowers.
- Take the scenic route because you have nowhere urgent to be.
- Watch the grass or trees move in the wind.
- Have coffee somewhere besides your kitchen.
- Go somewhere popular at the least-popular time.
- Sit by the water and stay longer than you planned.
- Look up at the sky more often.
- Wander through a bookstore, museum, or market with no agenda.
- Eat breakfast after breakfast hours just because you can.
- Notice how different your neighborhood sounds during the day.
- Take a drive with no errands attached to it.
- Do absolutely nothing for an hour and resist the urge to make it productive.

