

30 Daily Micro-Habits

Small Shifts, Big Joy

One small action per day to rewire your brain.

Week 1: Awareness 1. **Stop & Look:** Pause for 1 minute. Just look at the sky. 2. **Savoring:** Eat one meal without your phone. Taste every bite. 3. **Photo Joy:** Take a photo of something beautiful (don't post it). 4. **The 3 Good Things:** Write down 3 things that went well before bed. 5. **No Complaints:** Try to go 24 hours without complaining. 6. **Human Contact:** High-five or hug someone. 7. **Unplug:** Turn off notifications for 1 hour. **Week 2: Connection** 8. **The Gratitude Text:** Send a text saying "I appreciate you" to a friend. 9. **Smiling:** Smile at a stranger (signals safety to the brain). 10. **Active Listening:** Ask a question and really listen to the answer. 11. **Random Kindness:** Buy a coffee for someone or leave a nice note. 12. **The Compliment:** Give a genuine compliment to a coworker. 13. **Call Mom/Dad:** Or an old friend. Just to say hi. 14. **Forgive:** Let go of one small grudge (e.g., someone cutting you off). **Week 3: Body** 15. **Hydrate:** Drink a glass of water first thing. 16. **Dance:** Put on one song and dance like an idiot for 3 minutes. 17. **Stretch:** Reach for the sky. 18. **Walk in Nature:** Even a park counts. 19. **Deep Breath:** 4-7-8 breathing (See Mindfulness Guide). 20. **Posture Power:** Stand up straight. Shoulders back. (Releases serotonin). 21. **Nap:** Or just rest your eyes for 10 minutes. **Week 4: Mindset** 22. **Reframe:** Turn a "problem" into a "challenge." 23. **Learn:** Read one page of a new book. 24. **Create:** Doodle, write, or build something small. 25. **Novelty:** Take a different route to work. 26. **Declutter:** Throw away 3 things you don't need. 27. **Future Self:** Imagine your best possible future for 2 minutes. 28. **Celebration:** Celebrate a tiny win (e.g., doing the dishes). **Day 29:** Review your favorite habit. **Day 30:** Commit to keeping one habit forever.