

My To Do List for the Day

Open your eyes. Breathe.

Lie in bed and take a second to feel gratitude. Your life belongs to you. Whatever awaits, you get to decide how to interpret it. You choose your responses. No one can take that away from you.

Stand up. Stretch. Put on clothes that fit well and feel like you. Wash your face and use a moisturizer that smells nice.

Breathe.

Eat food that makes you feel good, even an hour after you've eaten it.

Go outside.

Text someone just to check in. Use heart emojis with abandon.

Read something beautiful. Scratch a dog behind the ears.

Forgive someone. Then forgive yourself.

Offer a stranger a compliment.

Roll out a yoga mat. Light a candle.

Turn off the TV and put down the phone thirty minutes before you go to bed. Make a list of everything that you were grateful for today.

Kiss someone you love. With tongue, if at all possible.

And at all times and in every way, embrace your weird.