

Pause Every Day To

Do Something Different

 Start a new challenge	Count 5 breaths	Eating without media	Use your non-dominant hand consciously	Listen to a new song
Take a conscious break (~60 min) from your phone	Read something that interests you	Set a daily goal	Try on a new clothing	Do couple dance moves
Walk slowly	Laugh even if you don't feel like it	Just sit	Write your thoughts	Smell flowers/plants
Talk to a stranger	Plan time to be with yourself	Play an instrument / sing	Try a new sport	Taste a new flavor
Hug someone you haven't hugged	In a conversation, listen more than you speak	Walk backwards	Use all of your senses	Day dream consciously

Note: This list helps you to not run out of ideas on anything new and different, but I encourage you to make up something on your own too! Just keep in mind to do that thing consciously and have fun :)