

# Christiana Chiropractic, PC ..... (315) 409-0014

## 81 PRESENTS TO GIVE YOURSELF

- Walk instead of ride
- Give yourself a compliment
- Break a bad habit, if just for today
- Search out a long-lost friend
- Read a poem aloud
- Stare at the stars
- Visit a shut-in
- Be thankful
- Use a new word
- Frame a picture
- Enjoy silence
- Walk to the nearest park
- Forget an old grudge
- Take yourself to lunch
- Help a stranger
- Try a new food
- Go to the library
- Take a risk
- Jump in a pile of leaves
- Tell someone you love him or her
- Take a rainy day nap
- Sign up for a class
- Do something you've always wanted to do
- Contact someone you've been thinking about
- Learn something new
- Surprise a child
- Hug someone
- Sing in the shower
- List 10 things you do well
- Walk in the rain
- Pay a compliment
- Give away something you don't like
- Waste a little time
- Curl up before an open fire with some cocoa
- Buy a ticket to a special event
- Return something you've borrowed
- Organize some small corner of your life
- Pop popcorn
- Turn off the TV and talk
- Draw a picture, even if you can't draw
- Practice courage in one small way
- Keep a secret
- Eat with chopsticks
- Go wading
- Bake bread
- Smell a flower
- Kiss someone
- Send a card to someone for no reason
- Clean out your wallet

Take an early morning walk  
Laugh at yourself  
Tell a joke  
Look at old photos  
Walk barefoot  
Talk to a pet  
Visit a lonely person  
Encourage a young person  
Go for a swim  
Give yourself a present  
Build a sandcastle  
Follow an impulse  
Write a poem  
Start a new project  
Volunteer some time to a good cause  
Have breakfast in bed  
Reread your favorite book  
Give your dog a bone  
Take a different road to get home  
Watch the sun set  
Let someone do you a favor  
Allow yourself to make a mistake  
Hide a love note where a loved one will find it  
Make a surprise gift  
Go to a fair  
Lie on the grass  
Do something hard to do  
Rearrange a room  
Get up before anyone else  
Let someone love you  
Hum

Some of these ideas are from the Mental Health Association of Oregon

Our purpose is to educate and adjust families toward optimal health  
with natural chiropractic care.