

60 Lists to Make to Lift Your Mood

- Your favorite books.
- Books you want to read.
- Your favorite movies.
- Movies you want to watch.
- Adventures you've been on.
- Adventures you want to go on.
- Countries/cities you've visited.
- Countries/cities you want to visit.
- Your favorite songs.
- Your favorite people.
- People who have helped you.
- People you have helped
- Favorite summer activities.
- Favorite winter activities.
- Favorite autumn activities.
- Favorite spring activities.
- Best childhood memories.
- Things you know how to do.
- Skills you'd like to learn.
- Problems you've solved and challenges you've overcome.
- Things you loved to do as a child.
- Your favorite meals and desserts.
- Foods you would like to try.
- Your best qualities –your best physical and character traits.
- Your hobbies (past and present).
- Hobbies you want to try.
- Ways to de-stress and practice self-care.
- Important goals you've achieved.
- Goals you want to achieve.
- Ideas for stepping out of your comfort zone.
- Things you've done that you're most proud of.
- Things you love about your significant other.
- Things you would like to do with your significant other.
- Things you love most about your kids.
- Things you would like to do with your kids.
- Your favorite affirmations.
- Things you love to do when it's time to play.
- Playful activities you would like to try.
- Your favorite things in nature.
- The natural wonders you would like to visit.
- Money-making ideas to try.
- Things you worried about in the past that never happened.
- Things you need to stop worrying about.
- The best compliments you've received.
- 100 things you're grateful for.
- The elements of your ideal day.
- The simple pleasures that make you happy.
- Gifts you would like to receive (in case anyone asks).
- Gifts you would like to give to others.
- Your favorite smells.
- Random acts of kindness you can do for others.
- People you admire.
- The most important life lessons you've learned.
- MOOCs you would like to take.
- Your strengths.
- Your weaknesses and ways to deal with those weaknesses.
- Ways in which you're awesome.
- Things you would like to improve about yourself (because we're all works-in-progress).
- Your positive habits.
- Positive habits you would like to adopt.