

C	O	P	E	!
Watch a favorite TV show	Alphabetize your books	Look up at the sky	Smile at 5 people	Play video/computer games
Go through old stuff	Try to build something	Rearrange your house	Be with other people	Scribble on sheets of paper
Talk with a friend	Watch a movie from your childhood	FREE	Clean trash up at your local park	Perform a random act of kindness
Plan a dinner	Start collecting something	Play a musical instrument	Meditate	Re-organize your room
Make a list of blessings in your life	Go for a jog	Ride a bicycle	Watch an old happy movie	Go to the mall

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Plan a dinner	Clean trash up at your local park	FREE	Perform a random act of kindness	Alphabetize your books
Meditate	Ride a bicycle	Watch a favorite TV show	Go to the mall	Start collecting something
Play a musical instrument	Re-organize your room	Talk with a friend	Try to build something	Make a list of blessings in your life

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Perform a random act of kindness	Alphabetize your books	Rearrange your house	Go through old stuff	Make a list of blessings in your life