

# Pick 1 Before You Click Online:



# 1

OPEN A DOOR OR A WINDOW  
**AND JUST LOOK**  
OUTSIDE FOR 5 MINUTES

pray for a person the way  
you'd like to be prayed for

set the timer: make the most  
of every opportunity



do happy exercises:  
smile 10 times and  
sing a praise chorus

call or talk  
to someone  
long enough  
to get to the  
laughing part

*give someone a hug*



read 10 verses of Scripture --  
then still long enough to reflect

clean as fast  
as you can for  
five minutes



write down  
three things  
you're grateful  
for - right now!



*quietly pray the Lord's prayer--slow & out loud*