

5 categories to consider

as you write your **LITTLE** things list

1 routine

waking chores
dressing lunch
breakfast meetings
work appointments
school sports
errands activities
commute meal prep
carpool dinner
workout bedtime



spouse
significant other
children
mom
dad
siblings
friends
neighbors
coworkers
pets



4 hobbies

reading | crafts | fitness | writing
arts | music | games | sports | cooking

everyday items

furniture
appliances
electronics
apparel
food

LITTLE tip

make a note of items in each category that are not typically your favorite. when writing your daily LITTLE list, try to find something happy in each of those areas. the LITTLE things have a sneaky way of highlighting the good in places you used to think were hard.