

Things you can do in 5 minutes



Meditate

Reach a chapter of a book

Write 100 words for your book

Put in a load of laundry and transfer existing laundry to the dryer

Clear off your desk, file paperwork away



Listen to a song that makes you happy

Google a recipe for tonight's dinner, with what you have in the fridge

Pay a bill
Set up autopay

Throw out the junk mail

Wipe down your countertops



Document gratitude

Listen to a podcast on self-improvement

Make a date with your partner, put it in the calendar and make a reservation somewhere

Send a text to a loved one telling them that you love them

Clear out your car of junk



Make your bed
Clear off your nightstand

Update your resume

Connect with a mentor

Move your body (dance, stretch)

Meal plan for the week, create a grocery list