

Finding Your Own Happy Place

This week my girlfriend and I went to Happy Place in Chicago. You can read the post below. However, this got my thinking... how do you find your own HAPPY PLACE. In a world of social media, it's easy to get caught up. So, I created this checklist that I hope you can use to help you refocus and find your own HAPPY PLACE!



- ☐ Treat yourself to a fun coffee or tea after a long week or check out a new coffee shop on a Saturday morning (my new favorite in Chicago is Limitless Coffee)
- ☐ Light some candles, grab your favorite blanket, pour yourself a glass of wine, and get lost in a good book
- ☐ Treat yourself to a manicure and pedicure
- ☐ Host a happy hour at home and try out a fun cocktail recipe
- ☐ Go to a yoga class (If you live in Chicago, there's tons of free yoga or even yoga on the beach!)
- ☐ Visit a cute flower shop and get some flowers to freshen up your home
- ☐ Plan a happy hour with your friends
- ☐ Make some popcorn and watch your favorite movie
- ☐ Find a new recipe on Pinterest and cook a fun dinner for someone you love
- ☐ Relax with a cuppa tea or glass of wine and put on some Jazz music
- ☐ Go to a movie (I find independent movies are the best, they are very inspiring)
- ☐ Leave a love note for your significant other
- ☐ Go shopping and treat yourself to a little something
- ☐ Take a drive and explore somewhere new
- ☐ Plan a date night at a new restaurant you've been wanting to try

- ☐ Try a new workout class
- ☐ Go for a long walk with a friends or your significant other
- ☐ Light some candles, play some music, and take a relaxing bath
- ☐ Journal your thoughts and ideas
- ☐ Take your dog to the dog park, dog beach, or even a patio
- ☐ Send a friend you haven't seen in awhile a card or little package to let know you are thinking of them
- ☐ Play your favorite music and dance
- ☐ Create a bucket list or start planning a trip
- ☐ Treat yourself to a facial or give yourself a facial
- ☐ Most importantly, remember all the good things and people you have around you

Read my post about Happy Place Chicago and how I find my own HAPPY PLACE <https://girlsguidechicago.com/happy-place-chicago-finding-happy-place/>

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