

The Little Feel Good Book

103 things you can do to feel good!
To be enjoyed by all women

written by
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*For every time you want a pick me up –
to be inspired – to lift you out of a bad mood
or to relieve a disappointment,
there will be something in here just for you.
Read & enjoy, visualise yourself in a different place
until you have a smile on your face.*

1. Now doesn't that feel good!

If you could have anything you want in the world...
what would it be?...

Imagine it... Feel yourself owning it.

Visualise it

Hmmm...

2. Optimism works

Think optimistic and you'll feel optimistic.

It's a natural progression, they go hand in hand.

3. Expect Happiness

Happiness happens when you expect it.

Expect that you are to be happy and you will look
forward to it and enjoy it.

4. Retail therapy without the dollars

Most department stores have a wall of fragrance.

Experiment and try on your favourites,

Plus a few more.

You smell good and feel luxurious

And it's free!

5. Now

Exist in the moment, it clears your head of any worries,
past or future because you are living in the present.

6. Belief

Believe that you will live well and you will.

It's all in what you believe.

7. Nothing like a good shoe!

Go to your favourite big name department store & head for the shoe department. Go directly to the designer shoes & look for the markdown section. The staff will not bother you there.

Find the most outrageously over priced pair of shoes you'd never consider buying and try them on. Try on some more... Keep going...enjoy!....Enjoy!! Now just before you leave add up the price of all the shoes you have tried on. I have tried on over \$5000 dollars worth in just one lunchtime. It puts a smile on your face & its free!!

8. Focus

Focus on what is good for you and why it is good for you and you will feel good.

9. Longevity

Believe that you life will be long and happy and your belief will make it so.

10. Feel Good Friends

In life they say you can't choose your family but you can choose your friends. Be friends with people you like, admire and those who are heading in the right direction. Stick with people that make you feel good.

11. Momentum

Think or do things that make you feel good and you will always have something to look forward to.

When you have something to look forward to your life moves ahead positively.

12. Relax

To relieve stress create your own spa like environment. Bubble bath, aromatherapy, soothing music and candles. Spoil yourself & indulge.

13. Yummy!

What are your favourites?
Chocolate chocolate chocolate chocolate chocolate
chocolate chocolate!

14. New Car

Some people buy a new car because they love how it smells. Why not test drive your dream car and see...

15. Birthdays

Birthdays should be celebrated!
We all remember wanting to be older when we were children. Then we become adults and sooner or later we want to be children again.
Sometimes along our journey of life we convince ourselves that we've already reached the peak in our lives to certain activities and behaviour & therefore start to discount our credibility.
Adapt your attitude to the positive aspect announce that you are turning one thousand and five and are still breathing and clearly that deserves celebrating!
Giggle at your sense of humour...

16. Enthusiasm

Enthusiasm is contagious
It makes you feel optimistic
and propels you forward with hope.
Encourage others to be enthusiastic,
it puts a spring in your step and gives you direction and at
the same time you will have a smile on your face.

17. Wisdom

Wisdom is nine tenths appreciation and comprehension of
the facts and drawing on past experiences.

18. Start your dreams

Make your dreams a reality. Imagination plus action will give
you the power to make your dreams materialize.

19. Perspective

Today is today tomorrow is tomorrow and yesterday is
gone.

Deal with today and only remember the highlights of
yesterday and look forward to tomorrow.

20. Inspire & Encourage

Inspire others to achieve and you will encourage them to do
something worthwhile.

The reflection of this is that you will encourage and inspire
yourself. This will make you feel good!

21. Be Grateful

Have an attitude of gratitude and you will enjoy your life more. You will appreciate the smaller things in life which will make the bigger things in life fabulous.

22. Love & Generosity

Doing something for someone – A selfless act of kindness – will actually make you feel optimistic & hopeful.

Your memories of your generosity will always bring warmth to your heart and you can share them with your family.

23. Natural Beauty

Look at plants, notice their colours, their symmetry and fragrance.

Then look at lakes, mountains, beaches, waterfalls, even clouds in the sky, anything with a natural beauty and you will see their perfection.

In doing so you will feel contented and peaceful.

24. Go Wild!!!

Get all that tension out of you. Put on your favourite rock music dance or play air guitar to your hearts content...

25. Look for the good...

Look for the good in others, situations, experiences and in life generally and you will find it. You will also save yourself much grief, despair and negativity because by looking for the good you have attracted the positive aspects and deflected the negative ones because your effort and energy is only looking for the good.

26. Finding solutions

Solutions are usually simple and straight forward benefiting those all round.

By having a win win orientation and thinking things through a solution can be quite simple to find. What a relief!

27. The first time versus experience

If there is something you want to do that you have not yet done then do it. Enjoy it.

Think about other things that you did for the first time & usually your memories will make you shriek with laughter, giggle or say to yourself oh no – I'm not doing that again – That is called experience.

28. Purpose

By having direction & striving to achieve worthwhile goals you have hope, enthusiasm, more energy and your life will be looking happier and you will not be bored.

Your life will be full & you will achieve various levels of satisfaction. Even on a daily basis you will have something to look forward to.

Take your time and find your purpose and you'll never look back.

29. Opportunities

Opportunities may be found in the present and the future, not in the past.

If you focus on the good, opportunity will come to you or you will find it.

Keep moving forward and when opportunity comes, you will know what it is because you wanted it.

30. Dwell on the positive...

When you are feeling blue, negative or just plain down, decide that you will think the opposite of each thought.

By replacing each negative thought with a positive thought you change the energy.

31. You are unique!

Accept your own unique qualities, it lessens the pressure of comparing yourself to others.

32. Decide to be happy

It's up to you to be happy. It's your life.

Decide that you are going to be happy.

Increase your happiness or just feel good.

33. Feel Good List

There are many ways of feeling good.

How many can you think of?

Have you ever done a list of all the ways you can make yourself feel good. Why not try it now!

Once you have done your list you will feel great.

34. What would you like to be?

Remember when you were a child and you would say I want to be a...

There is nothing to stop you from being what you want to be at anytime in your life.

Now what would you really like to do?

35. Humour

Try to think of the funniest thing you have done or thought!
Look for the humour and you'll always have a giggle...

36. Tomorrow is a new day

Your life can change for the better in an instant.
So if tomorrow hasn't happened yet then maybe you could design it. Get a blank piece of paper and write down your possibilities.

37. Persistence

If you persist in pursuing positive aspects and working towards your goals, you will feel good.

38. Is it for you?

Do you really want it? If you do you will have no doubt about it. Then go for it.

39. It's your choice

Sometimes you can think your choices are limited because you are stuck in a rut. Recognise this fact.
Think of different options or think of how other people would think... For example, what would the Queen of England think of this or how would the smartest person you know think of this. You could be surprised with what you come up with!

40. Growth

Growth is the result when one expands knowledge or encounters new experiences.

When you realise you have grown you feel good about your accomplishment.

41. Something to look forward to

Life can be dull when you are just plodding along day in and day out and soon you can feel very bored.

By having something to look forward to it makes you feel good.

So when you feel bored with your daily routine plan something interesting for yourself so that you will always have something to look forward to.

42. Indulge in Art

Develop an appreciation for art. Define your taste and decide what style you like?

Why not create, view or collect art. Any of these options is a great way of relaxing & making you feel good.

43. Music

There is music for all occasions and activities. When was the last time you got lost in the music.

Seize the moment & listen to your favourite music it will always put you in a good mood.

44. Big Dreamer

Remember when you were a child And the teacher would yell... “Stop Daydreaming” – well don’t.

The minute you get a chance to day dream take it.
Let your dreams run wild. Enjoy them they are your self indulgence.

45. Laugh

Laugh and the whole world laughs with you.
Don’t take life so seriously and when someone or yourself does something silly or to serious, laugh at it.
Look for the funny side of things and You’ll always feel good!

46. Pipe Dreams

Who is your favourite actor or singer?
Imagine yourself on a date with them...
Where would you go? What would you eat or do and what would you wear? What would your conversation be?
At some point you’ll start laughing.

47. Pat a Pet

When you want to feel good pat a pet. Animals have a way about them and being with them is usually relaxing and fun.
The animals know where it’s at and most of the time they are attentive and fun to play with.

48. Let the sun shine in...

Sit in the sun for ten minutes, enjoy the sun on your body.
The warmth makes you smile and feel happy about where you are.

49. Time keeps moving

Time doesn't stand still, therefore things are always changing.

Embrace this fact & acknowledge that this means growth & that you are always evolving.

50. Physical Happiness

By exercising regularly you'll feel good about yourself. Exercise makes the body create endorphins which is the happy feelings you experience.

51. Keep on, keeping on

Having goals makes you live longer.

People that are 95+ tend to have ambitions and goals that they are working on.

They all have something to do, that's why they're still around.

52. Thoughts are things

You are what you think.

By being positive you can overcome sadness and challenges in life and your thoughts can have a powerful influence on your beliefs.

53. Can't remember their name?

When you meet people look for what you like most about each person and it makes it easier for you to remember them because even if you don't remember their name you can do a nice save for yourself by telling the person what aspect you remember them by... people can be so forgiving.

54. Look for hope

Tell yourself that there is hope for you. If you are not happy with where your life is at you can always hope for something better for yourself.

Speak to yourself with great hope and you will be surprised at the qualities that you have.

55. Fresh air

There is nothing like fresh air. It clears the cobwebs of the mind and helps you think clearer. It is very refreshing and wakes you up. It's an instant energizer.

56. French Bread Stick

Sometimes when you are overwhelmed with a goal, Challenge or concept, just take it a bit at a time and you'll get there.

57. Tell them what you really think

If you need to air your concerns tell your pet. Discuss it at length, they will listen and not talk back or interrupt you while you get it all off your chest.

Best yet – they don't hold grudges.

58. Crystalize it

Many crystals are said to have positive qualities attached to them. Above all they look beautiful and it can be fun to find out about them.

59. The magic of a kiss

If you could kiss anyone in the world who would you kiss? How would you kiss them? Now, who would you like to kiss you?

60. Look at your favourite photo

If you are not happy with the way you look at the moment, look at your favourite photo and remember how happy you were then.

61. Whistling

When you whistle it makes you feel good. It also affects other people near you so try to whistle a tune. It makes the tasks at hand so much easier and light hearted. If you are not a good whistler, keep trying because you'll probably make people laugh.

62. Drink your favourite

Drink your favourite drink in a relaxing environment. Sip your favourite drink out of a fancy glass. Sometimes it's fun to do things just a little bit different.

63. Show how much you care

If you know of someone who is sad or just a bit down, let them know you care for them and it will make them feel better.

64. It's my favourite!

What are your favourite things?
Why are they your favourites?
How many favourites do you have?

65. Aching Muscles

Take a relaxing bath or have a massage to ease the pain and tension. It's all about rejuvenation.

66. Freedom!

Enjoy your sense of personal freedom.
What is it for you? What do you enjoy the most about it?
What are your choices? Remind yourself often of the benefits.

67. Four Seasons

Summer, Autumn, Winter & Spring...
These are the seasons of life, use them wisely and they will give you greater understanding. So whether you are going through winter you know that spring is just around the corner.

68. Go to the beach

Walk along the sand or swim in the surf. Wiggle your toes and enjoy the sun. Sometimes its fun just to sit on the sand and have a refreshing drink...Aahh!...

69. Holidays

Plan a holiday. Where would you like to go?
What sort of adventure would you like?
Get some brochures or surf the internet for info or just visualize it.

70. Hey Smiley

Smiling takes less muscles than frowning.
How do you feel when someone smiles at you?
Maybe you should smile at someone and see what reaction you get. Smiling is contagious!

71. The first step...

For achievements and successes in life usually one must make changes, during the journey to get to where they want to go to.

Take the first step, this one is the hardest, then take the next step, keep putting one foot in front of the other and soon you'll be running.

72. What is beautiful to you?

Fresh flowers, children laughing, someone saying...I love you, sentimental thoughts... Think about it.

73. Backscratching

You may have heard the saying
"If you scratch my back I'll scratch yours."
What if...you just scratch theirs?

74. Scalp Massaging

Scalp massages are fabulous because they stimulate the blood flow to the hair follicles and skin.

The more you have them the more you want them.

75. Have a chat...

Everyone loves to be heard and its very therapeutic to have a chat, just for the sake of communicating. It makes you feel good to have a YAK!

76. Take it all in

It can be breathtaking to go to a high point and look at all there is before you.

The top of the Grand Canyon, The Eiffel Tower, Sydney Harbour Bridge, the top of Mount Everest.

When you experience this you feel that you're on top of the world.

77. Brush it through

Having your hair brushed is very relaxing. When your mother does it, it's a necessity. When your hairdresser does it you know its their job. When your friend does it, they are either a good or special friend. When your lover does it, you love it!

78. Floating

When you were a child you floated in the bath.

Then you progressed to floating in the swimming pool and if you were lucky either at the lake or the beach. Best of all is floating in your dreams or your imagination.

79. Tapping a tune...

Have you ever tapped out a tune using your feet or your fingers. Do one now and notice the way your face moves.

80. Solutions

Some of the best opportunities have been someone else's problem.

Be solution orientated and you could find the right opportunity for you.

81. Nourishment

What nourishes your soul? What makes you feel content? Write down all the things that make you feel good.

82. Friends

No two relationships are the same.

One of the best things about friendships is that each relationship is unique and what you have with that person is just between the two of you.

83. Retail Stress-Buster

When you are shopping and feel stressed, worn out or frustrated, take a break in the music shop.

Spend 10-15 minutes listening to music you enjoy and you will feel re-charged.

84. Beautiful Fabrics

When we see a beautiful fabric we instantly want to touch it and feel how luxurious it is. The better the touch the better the experience.

85. Your creativity

Life is a creative process. You can create the life you want. Look at it like a masterpiece of art and that your experiences add the textures and colour to your life.

86. Rainbows

Oh! Look there's a rainbow! Isn't it beautiful! Rainbows are the perfect collection of light. They always make you feel optimistic.

87. Do Good!

Be a do gooder! & you'll always be smiling.

88. It feels right!

When are you in your element?
Think this through carefully. Now apply this to what your doing now and it will give you the right direction to take on things and give you the most enjoyment!

89. Your Career

It's great to know that if you want to find out what you love to do you have more than one chance at it.

90. Bananas Bananas

Food which is high in potassium – like bananas make you feel good. Not only are they a meal by themselves, they are portable, easy to get and positively influence the way you feel.

91. I'd love a hug...

There's nothing that compares to sharing a hug. It displays affection, love and understanding for those involved whether you are a giver or receiver. Throw your arms around another. It's a good feeling.

92. Your Affirmations

Have a word to yourself on a regular basis. Convince yourself and be persuasive "I have better times ahead of me". "Every day in every way my life is improving and I feel good about that".

The more you listen to yourself the more you accept it.

93. Blue Skies

When in doubt look up. Grab a moment and look at the sky. Study the clouds or the stars. The sky has a great way of calming you and giving your mind a chance to relax. Its always enjoyable.

94. Foot Rub

It is so relaxing to have your feet rubbed. By gently massaging the acupressure points you become very relaxed and pampered.

95. Appreciate the beauty!

Look at the beauty of life.

With everything look for the beautiful aspects and you'll be surprised by how much beauty you see.

96. Endorphins

After you have had some strenuous activity, bask in the pleasure of all those good feelings from the endorphins.

97. Belly Ache

Laugh from your gut! Laugh till it hurts and you'll feel good. These are the laughs that you remember.

98. Make good things happen

If you want to make it happen, make the first move then make the next move and the next one after that and then you have momentum.

99. Grant yourself a wish

Make your own wish come true. Make your wish passionately and decide that you will give yourself your wish.

If you believe it you will achieve it.

100. At Lunchtime

Put your bare feet on the grass in the park, it gives you a great sense of freedom. Or walk as far as you can go within that time and you will feel invigorated.

101. Watch Water

To feel good and calm watch water.
It gives a sense of peace and serenity.
Whether it is a lake, bay, beach or waterfall,
we love to watch water.

102. A little bit of bliss

Fill your mind with thoughts that make you feel blissful.
Fill your mind with the concept of feeling bliss.
Create it and you will experience the pleasure of it.

103. Good Thoughts

Hold a good thought
Hold a good thought for someone
Hold a good thought for something
Hold a good thought to help the world
Do this and you will feel good!

Hope you enjoyed reading

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Please share your thoughts and feedback by email www.wendy@missunity.com