

100 Little Things to Make You Smile

- Freshly baked bread
- A warm cup of tea
- Finding money in your pocket
- A wagging dog tail
- Laughing until your belly hurts
- New socks
- That first bite of chocolate
- A sunny patch on the carpet
- Finishing a book you loved
- Unexpected compliments
- Seeing daffodils in spring
- Catching a song you love on the radio
- A random act of kindness
- Fluffy clouds that look like animals
- The smell of fresh laundry
- A baby's giggle
- Your favourite PJs
- Snuggling under a blanket
- Getting a handwritten note
- A good hair day
- Finding a matching sock
- That first sip of coffee
- Listening to the rain while you're cosy inside
- Fairy lights
- A text from someone you miss
- The scent of a candle
- Watching birds in the garden
- Doodling something silly
- A good pun
- Bubble wrap
- The sound of a cat purring
- Finishing a to-do list
- Skipping pebbles on water
- A crisp morning walk
- Hearing a favourite childhood song
- Toast with jam
- Sharing a laugh with a stranger
- Wrapping up in a scarf
- Popping popcorn
- Seeing your breath on a cold day
- When your pet greets you at the door
- Good hair and good vibes
- Someone holding the door for you
- A clean kitchen
- The smell of a bookshop
- Getting into bed with fresh sheets
- Fireworks
- Scented bubble bath
- Finishing a puzzle
- Making someone else smile
- The smell of cut grass
- Hearing "I'm proud of you"
- A surprise lie-in
- Drawing a perfect heart
- A full phone battery
- A rainbow
- Singing in the car
- A surprise treat
- Finding the perfect gif
- Watching clouds drift by
- A hug that lasts just the right amount of time
- Someone making you a cuppa
- Toasty toes in slippers
- Getting post that isn't a bill
- A butterfly landing nearby
- Laughing at your own joke
- Spotting a fox, deer, or hedgehog
- Being inside during a storm
- The first ice cream of the summer
- Getting to tick something off your wish list
- A punny greeting card
- Finding a four-leaf clover
- A surprise sunny day in the UK
- Your favourite song coming on shuffle
- Seeing your plants grow
- A tidy desk
- Someone remembering your name
- Baking something delicious
- A lazy Sunday morning
- Having nothing urgent to do
- Watching your favourite film again
- Eating straight from the jar
- A compliment on your outfit
- A warm radiator hug
- Discovering a new cosy café
- A fluffy bathrobe
- Feeling organised (even if it doesn't last)
- Seeing someone's eyes light up
- Rewatching childhood cartoons
- Saying "yes" to something spontaneous
- The first page of a new journal
- Stretching like a cat
- Being wrapped up warm in the cold
- Random nostalgia
- Your pet doing something goofy
- Watching the sunrise
- A really good cup of tea
- Spotting your favourite number
- Getting an "I was just thinking of you" message
- Looking in the mirror and saying, "You've got this."