

50 WAYS TO GET UNSTUCK (in no particular order)

1. Get fresh lowers
2. Smell the flowers
3. Arrange the flowers
4. Try a different vase than you normally use
5. Separate them out in different vases and different rooms
6. Pick a color or kind of flower you don't normally get
7. Doodle
8. Take a walk
9. Go a different route
10. Try a new recipe
11. Make up a new recipe
12. Draw your favorite color (ie" yellow, draw a lemon, daffodil,)
13. Create a vision board
14. Travel somewhere
15. Create a themed dinner around your favorite place (ie: Italian dinner, Italy)
16. Take a class
17. List your favorite 10 books
18. Revisit your favorite meal
19. Interview yourself
20. List the awards you've won
21. Go to the movies by yourself
22. Design a room
23. Write a thank you note
24. Volunteer
25. Take a break from social media
26. Bake something and give it to a neighbor
27. Call someone
28. Write a letter
29. Make a playlist
30. Dance like no one is watching
31. Sing like no one is listening
32. Write about a childhood experience that scared you and how you moved on
33. Play your favorite game
34. Take a run
35. Take a shower
36. Take a bubble bath
37. Sit quietly and focus on 5 objects in the room
38. Make up a story
39. Listen to the rain
40. Plan a trip
41. Set 3 goals for the next year (Can be big or small)
42. Call someone and tell them you love them
43. Write someone a letter telling them how they influenced or made an impact on your life. Send it if they are still alive or if you think it will be meaningful.

44. Take a blank canvas or art paper and put bold colors all over it.
45. Exercise doing something you love.
46. Watch a funny movie
47. Jump on a bus, a plane or train
48. Do something spontaneous
49. Do something hard without expecting a particular result
50. Get in touch with an old friend
51. Start (anything)
52.