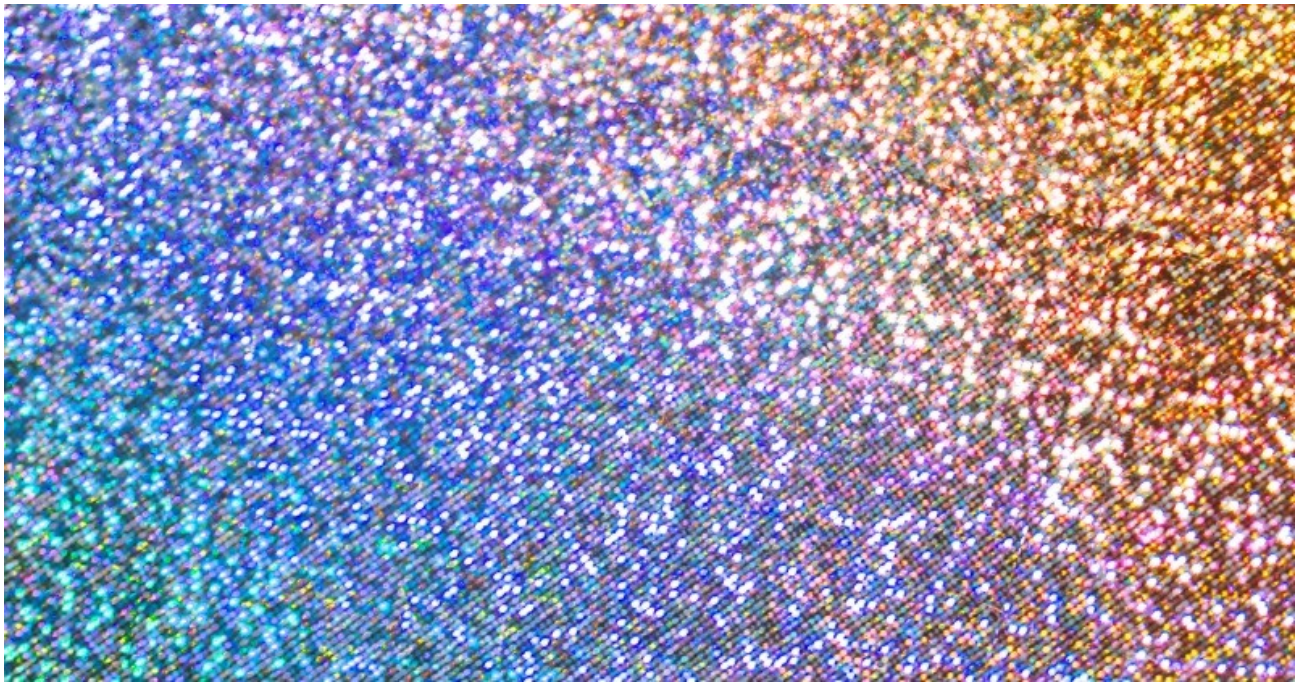
Finding Your Own Happy Place

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/