

Micro-Moments of Zest

Simple ways to infuse your day with energy and enthusiasm

Start the Day with Music

Play an uplifting song as you get ready or commute.

End Day on a High Note

Reflect on one joyful or exciting moment from your day before going to bed.

Say Yes to Something New

Try a different coffee order, take a new route, or switch up your routine.

Move with Enthusiasm

Walk a little faster, dance while you make dinner, or take the stairs at work.

Celebrate Small Wins

Recognize every step forward—big or small—and appreciate your progress!

Share Excitement

Tell a friend or colleague about something you're looking forward to.

Add Playfulness to Your Day

Crack a joke, play a game, or engage in a lighthearted conversation.

Soak in the Moment

Pause to fully experience something beautiful.

Do something Unexpected

Send a kind message, compliment someone, or surprise yourself.