



# SHAKE UP YOUR ROUTINE **SURPRISE YOURSELF**

Throw a (small) wrench into your daily routine. In the grand scheme of things it probably won't matter much, but you'll give your brain a workout and you may just find a new everyday favorite.

1. Put your pants on the opposite leg first
2. Have something different for breakfast
3. Drive to work a different way (or diff form of transport!)
4. Eat at a restaurant you've never been to
5. Stop at a different coffee shop
6. Park in a different place
7. Run a different route
8. Take a different type of fitness class
9. Work out at a different time of the day
10. Style your hair in a different way
11. Go grocery shopping on a different day
12. Wear a color that you usually don't
13. Set your alarm clock for 15 minutes earlier
14. Go out for coffee with someone you don't know very well
15. Trade household chores with your roommate/partner/kids for the week
16. Don't order "the usual" at your favorite lunch spot
17. Buy a different brand of floss, toothpaste or other small item
18. Agree to do something you normally wouldn't be thrilled about
19. Stop whatever you're doing 1 hour before bed & do something relaxing
20. Normally a red wine lover? Try a crisp sauvignon blanc tonight.