

# THAT DAM ANALOGY- REFUELING HACKS

1. Walk a mile in someone's shoes
2. See the world from a different vantage point
3. Change your scenery
4. Change your routine
5. Fly in a small plane
6. Drive with the windows down
7. Take the long way home
8. Set the cruise LOWER than normal
9. Take a selfie with a friend
10. Idle your brain
11. Take a 15-second breath
12. 5 minutes of quiet
13. 15 minutes of quiet
14. 60 minutes of quiet
15. Go on vacation for a week
16. Take a long weekend
17. Take a day off for you
18. Leave early randomly one day
19. Smile at a stranger
20. Laugh out loud
21. Laugh again
22. Yoga
23. Mountain bike
24. Try an ebike
25. Hike
26. People watch on a bench
27. Experience an undistracted moment
28. Journal
29. Read a book
30. Make a bucket list
31. Do a bucket list item
32. Learn something new
33. Call a friend
34. Coffee with a friend
35. Listen to music
36. Create something
37. Have joy on the calendar
38. Schedule something fun
39. Watch a sunset
40. Watch a sunrise
41. Put your phone down for 5 minutes
42. Phone down for an hour
43. Phone down for a day
44. Airplane mode on your phone
45. Read a book to a child
46. Five minutes of sun on your forehead
47. Take a nap
48. Actually go to sleep
49. Meditate
50. Take a bath
51. Take a long hot shower
52. Sit in a hot tub
53. Sit in a sauna
54. Do a body scan
55. Take a drive
56. Go out to eat and take your time
57. Try a new restaurant
58. Make a new playlist
59. Enjoy your favorite playlist
60. Put together a lego set
61. Build creatively with random legos
62. Play cards
63. Play solitaire with a deck of cards
64. Put together a puzzle
65. FaceTime someone you haven't seen for awhile
66. Do something fun
67. Do something playful
68. Be childlike
69. Make affirmations
70. Read your affirmations daily
71. Make a brag list of all you have accomplished
72. Plan a trip
73. Look out the window
74. Slow down
75. Get your heart rate up
76. Exercise
77. Have a sabbath from screens
78. Do a family adventure challenge
79. Build a paper airplane and test it out

80. Celebrate something big
81. Celebrate something little
82. Throw rocks into a river or lake
83. Have a bonfire
84. Roast marshmallows
85. Pray
86. Enjoy the sound of silence
87. Visit a park
88. Move- be in motion
89. Watch a movie
90. Take a walk around the block
91. Watch a movie you haven't seen
92. Watch a favorite movie
93. Read your Bible
94. Tell someone you love them
95. Watch a romantic movie with your significant other
96. Daydream
97. Envision what you want
98. Ask good questions
99. Listen for good answers
100. Make a faithfulness bank
101. Put your phone on silent
102. Pay it forward
103. Buy someone's coffee
104. Pay for someone's meal
105. Do a random act of kindness
106. Send an encouraging text
107. Visit a ghost town
108. Have a lazy day off
109. Do a quiet retreat
110. Give a complement
111. Notice others
112. Go to a dive bar
113. Ask to hear someone's story
114. Get a new perspective
115. Block schedule your week
116. Enjoy your favorite cocktail
117. Visit your favorite place
118. Try to find a new favorite place
119. Go to a waterfall
120. Visit a slot canyon
121. Visit a national park
122. Hire a coach
123. Meet with a therapist
124. Watch the world go by with no agenda
125. Go to a concert
126. Go to a movie theater
127. Go see a play
128. Go see an opera
129. Watch a musical
130. Have a picnic
131. Go camping
132. Go to a Hibachi restaurant with friends
133. Family game night
134. Play pickleball
135. Join a group
136. Join a club
137. Find common interests with another
138. Go skydiving
139. See a new part of your town or city
140. Go on a walk through an alley
141. Forgive someone
142. Repair a relationship
143. Extend an olive branch
144. Fight only the battles worth fighting
145. Don't micromanage
146. Give up control
147. Empower your people
148. Quit while you're ahead
149. Drink enough water
150. Enjoy simple pleasures
151. Look through a telescope
152. Write a chapter of your story
153. Set a goal
154. Plan your meals for the week
155. Set your clothes out the night before
156. Check something off your list
157. Organize your office
158. Smile at someone
159. Tell yourself you are worth it
160. Give a hug