

25 Ways to Add Whimsy to a busy life



at home

01

Use a silly voice when reading bedtime stories

02

Buy one ridiculous kitchen item just for joy

03

Leave a surprise sticky note somewhere they'll find later

04

Breakfast for dinner – once a month, no occasion needed

05

Name something in your house – a plant, a Roomba, a lamp

body + movement

06

Dance in the kitchen while you cook

07

Skip instead of walk – even just for one second

08

Wear mismatched socks as a tiny secret joy

09

Add one song to your playlist that makes you feel 16

10

Do something physically playful with your kids – not just watch

work + words

11

Name your to-do list something ridiculous

12

Use a fun color in your personal notes – just for you

13

Set one alarm with a silly label instead of "alarm"

14

End an email with an unexpected, genuine sign-off

15

Keep one tiny, absurd object on your desk to make you smile

small moments

16

Order something from a menu you can't pronounce

17

Take the long, prettier route home once a week

18

Say yes to one spontaneous thing this month

19

Buy the flowers – even grocery store ones – just because

20

Let yourself be genuinely delighted by something small today

how you connect

21

Text a friend a random, joyful memory out of nowhere

22

Invent a family inside joke or recurring bit – on purpose

23

Mail someone an actual card – snail mail is instantly whimsical

24

Ask a wildly imaginative dinner table question

25

Celebrate something tiny like it actually matters – because it does