BE BORING

Wake up early

Slow mornings

Drink ginger tea

Get sunlight

Light a lamp

Sit quietly

Breathe mindfully

Work sincerely

Dress up for the day

Smell nice

Smile

Read

Accomplish in silence

Eat when hungry

Cook at home

Limit people

Limit alcohol

Limit news

Walk

Love your family

Playtime with pets

Sleep

Boring is the new cool

Or the new rich.

- Written by Aditi Samarth