

Small Adventures

A Wellfriend Experiment

This isn't something to complete. It's a collection of small invitations— for the moments when life feels a little repetitive, a little heavy, or a little disconnected. You might choose one when you have the capacity. Or you might not.

Even one moment of something different counts.

Leave one thing
undone (on
purpose)

Begin your day in
a different way

Take a
different route
home
(even one turn)

Sit somewhere
new (even at
home)

Do something
slightly
inefficient on
purpose

Take the long
way on purpose

Do something
your past self
would love

You are allowed
to try
something
different

Change your
pace
(slower or faster)

Say “not right
now” to
something small

Follow through on
something you
want to do

Wear something
different

Use something
you rarely choose

Listen to
something
unfamiliar

Change
something just
because you can