

100 REASONS TO STAY ALIVE CHECKLIST

Here's a checklist to remind you of the beauty and joy in life. Use it to find comfort and inspiration in everyday moments.

NATURE AND SURROUNDINGS

- ☐ The smell of fresh rain
- ☐ Watching the sunrise
- ☐ The way the ocean sounds
- ☐ Stars on a clear night
- ☐ First snowfall of the year
- ☐ The way flowers bloom in spring
- ☐ Rainbows after storms
- ☐ Watching clouds float by
- ☐ Fireflies at dusk
- ☐ Sunflowers
- ☐ Seeing the moon

SIMPLE PLEASURES

- ☐ Your favorite song on repeat
- ☐ Hot coffee on a cold morning
- ☐ The smell of cookies baking
- ☐ A warm blanket straight from the dryer
- ☐ Clean sheets
- ☐ Soft pajamas
- ☐ Cozy socks
- ☐ Freshly baked bread
- ☐ The smell of your favorite shampoo
- ☐ Pumpkin spice season
- ☐ Ice cream on a hot day
- ☐ Your favorite sweatshirt
- ☐ The smell of campfire
- ☐ Bubble baths

CONNECTIONS AND RELATIONSHIPS

- ☐ Dogs wagging their tails
- ☐ A hug that lasts a little longer
- ☐ Hearing "I'm proud of you"
- ☐ Deep talks at 2 AM

- ☐ Someone genuinely checking on you
- ☐ Petting a cat purring on your lap
- ☐ Being someone's safe space
- ☐ Reuniting with someone
- ☐ Inside jokes
- ☐ Falling in love
- ☐ Falling back in love—with life
- ☐ Forging new friendships
- ☐ Finding community
- ☐ Being your true self
- ☐ Holding someone's hand
- ☐ Being told "I love you"
- ☐ Being told "I need you"
- ☐ Meeting someone who understands

PERSONAL GROWTH AND SELF-DISCOVERY

- ☐ Starting over
- ☐ Forgiveness
- ☐ Telling your story someday
- ☐ Learning something new
- ☐ The feeling of growth
- ☐ Finding your purpose
- ☐ Creating something from nothing
- ☐ Being proud of yourself
- ☐ Learning to forgive yourself
- ☐ Getting better, slowly
- ☐ Making a vision board
- ☐ Planning for the future
- ☐ Starting again
- ☐ Healing
- ☐ Hope
- ☐ Resilience
- ☐ You

JOYFUL EXPERIENCES

- ☐ Laughing until your stomach hurts
- ☐ Long drives with good music
- ☐ A child's giggle
- ☐ Finding money in your pocket
- ☐ Books you can't put down
- ☐ New episodes of your favorite show

- ☐ Road trips to nowhere
- ☐ Slow dancing in the kitchen
- ☐ Surprising someone you love
- ☐ Being surprised
- ☐ Watching kids play
- ☐ Sharing your favorite movie
- ☐ Seeing someone you helped succeed
- ☐ Dancing like nobody's watching
- ☐ Giving someone hope
- ☐ Waking up after a restful sleep
- ☐ Traveling somewhere new
- ☐ Making art
- ☐ Seeing your favorite artist live
- ☐ Getting through what you thought you couldn't
- ☐ Watching your pet sleep peacefully
- ☐ Rewatching a childhood movie
- ☐ Being part of something bigger
- ☐ Watching plants grow
- ☐ Feeling heard
- ☐ Being reminded that you matter

COMFORT AND REFLECTION

- ☐ Lazy Sundays
- ☐ A fresh journal
- ☐ Going to therapy
- ☐ Going for a walk
- ☐ Candlelight
- ☐ Friendly strangers
- ☐ Making someone smile
- ☐ Getting a letter or text out of the blue

Use this checklist as a guide to explore the moments that make life worth living. Embrace and cherish these experiences as they offer strength, connection, and joy.