



# The Art of Meaningful Celebrations

FINDING QUIET MAGIC IN  
ORDINARY LIFE

BY DEBBIE SCHWARM | 38 HERTZ

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Published by Debbie Schwarm  
Portland, Oregon

[www.38hertz.com](http://www.38hertz.com)

First Edition, 2026

<https://www.38hertz.com>

## DISCLAIMER

This book is intended for informational and inspirational purposes only. It offers ideas, reflections, and practical suggestions for incorporating meaningful celebration into everyday life. It is not medical, psychological, legal, or financial advice.

Celebration looks different for every person and every season. Readers are encouraged to adapt the ideas in this book to their own needs, energy levels, cultural traditions, and personal beliefs. You are responsible for your own decisions and actions. This book is an invitation, not an obligation.

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## INTRODUCTION

Somewhere along the way, we started believing that celebration had to be big to count. Big plans, big gatherings, big decorations, big energy. And if we didn't have the time, money, mood, or motivation for all of that, we quietly decided not to celebrate at all. We let the day pass. We told ourselves it wasn't important enough.

But here's the quiet truth: life moves quickly when nothing is marked. Weeks blur into months. Seasons change almost without notice. Years stack up. And when we don't attach meaning to our days, time begins to feel slippery, like existing, not living life fully.

This book isn't about throwing more parties. It isn't about adding pressure to your calendar or turning every awareness day into a themed event. It's not about becoming the person with twelve holiday bins in the garage. It's about something much simpler and much more sustainable. It's about learning how to pause long enough to say, "This matters."

Not in a dramatic way. Not in a Pinterest-perfect way. Not in a performative way. In a small way. A candle-lit dinner. A donut shared on a Friday. A song played all the way through instead of halfway. A sentence spoken out loud: "Today we're marking this." These are not grand gestures. They are gentle interruptions.

Meaningful celebration is not about intensity. It is about interruption. It is the tiny shift that tells your brain that something about this

moment is different. And when your brain notices difference, it stores the moment differently. What gets marked gets remembered. What gets remembered gains weight. And what gains weight begins to shape the texture of your life.

You do not need to celebrate all 365 days in full color. You do not need confetti. You do not need guests. You do not even need good weather. You need one intentional shift. One sensory change. One sentence of meaning. One pause long enough to notice.

This book will show you how to take any day from World Bee Day to a random Tuesday to a hard anniversary and turn it into something gently significant. Not overwhelming. Not exhausting. Not elaborate. Just marked.

Because when you learn to mark moments, you begin finding quiet magic in ordinary life. And that kind of magic does not require balloons.

38 Hertz came from the idea of how to simply fill the hours of your day with more happiness. As we like to say, “Find things that make you happy, do more of that!” Celebrating is just another way to do that.

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## Part I – Why Celebrate at All?

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### Chapter 1 -Tiny Joy is Not Trivial

We tend to move through our days on autopilot. We wake up, follow our routines, complete responsibilities, and collapse into the evening wondering where the time went.

Routine is efficient. It keeps life moving. But routine alone does not create texture. It does not create memory. And it rarely creates

meaning.

Ritual, on the other hand, is *routine with intention*. The actions may look similar on the surface like lighting a candle, pouring a cup of coffee, stepping outside. Ritual adds awareness. It adds a quiet declaration: this moment matters. That small shift changes the experience entirely. A routine gets you through the day. A ritual marks it.

When we mark moments, our brains pay attention. Neurologically, novelty stands out. A slight change in environment, lighting, taste, or tone signals that something is different. And what is different gets stored differently. A Tuesday that looks like every other Tuesday dissolves into the blur of memory. But a Tuesday where you bought yourself a bouquet

of flowers because it was the first day of spring? That one holds shape. Marking a moment doesn't just feel good, it anchors time.

Celebration does not require money, elaborate plans, or themed decorations. It does not require guests or perfect energy. It requires interruption. You can celebrate with a single flower from the grocery store, a small gift for yourself, a handwritten sentence in a notebook, or five quiet minutes on your porch. Celebration is not about consumption; it is about intention. When you remove the pressure to spend or perform, celebration becomes accessible again.

A meaningful celebration can be simple, slightly messy, spontaneous, or quiet. It can be private. It can be brief. It only needs to be sincere.

Tiny joy is not trivial. In fact, it is stabilizing. In heavy seasons, small intentional pauses can soften the edges of stress. In ordinary seasons, they prevent life from feeling flat. A small marked moment says: we are not just passing through time. We are living inside it.

If you can change one thing about a day; the lighting, the music, the mug, the pace; you can celebrate it. And when you begin celebrating small things consistently, the year starts to feel different. Not louder. Not busier. Just more alive.

There is also something beautifully simple about this: celebration brings joy. Not the loud, fireworks kind. The steady kind. The kind that comes from deciding, on purpose, to insert something light into your day. Joy rarely crashes through the door uninvited. More often, it responds to attention. When you intentionally add even a small moment of sweetness or acknowledgment, you are gently steering your day toward something brighter.

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*A Personal Go To: I love writing about celebrations and happiness because it brings me joy simply to think about these things, and when I write about them, I'm really anchored in happy imaginal things to do. There are 24 hours in a day. Purposefully spend them doing something that makes you happy. Celebrating something, anything, could be one of those small things.*

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## Chapter 2 - The Myth of Big Celebrations

Somewhere along the way, celebration became synonymous with knock it out of the park. Bigger meant better. More decorations meant more meaningful. More guests meant more important. We quietly absorbed the idea that if we couldn't do something fully, beautifully,

impressively, photographably, then it wasn't worth doing at all. This belief is exhausting.

When celebration is tied to production, it becomes another task on the list. Another thing to execute well. Another opportunity to fall short. Instead of bringing joy, it creates pressure. And pressure has a way of draining the very energy celebration is supposed to restore.

The truth is that big celebrations are wonderful when you genuinely want them. But they are not the only kind that count.

In fact, when every celebration must be large to be legitimate, we end up celebrating less often. We save our effort for birthdays, major holidays, and milestone events. Everything in between goes unmarked.

And it is in the “in between” where life actually happens.

A meaningful celebration does not need to be visible to anyone else. It does not need to generate compliments or social media posts. It does not need to justify itself. A quiet dinner where open that special bottle of wine because it’s the first cool evening of autumn is a celebration. Making tea in your favorite mug because you finished a difficult week is a celebration. Buying yourself some new lotion because you felt like the day needed softening is a celebration.

Scale does not determine significance. Intention does.

When we release the myth of big celebrations, something shifts. Celebration becomes accessible again. It becomes something you can do on an ordinary Wednesday without rearranging your life. It becomes something that belongs to *you*, not to an audience.

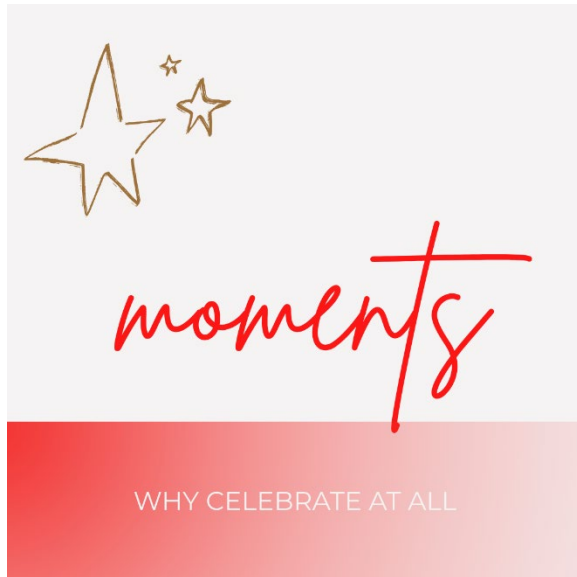
This also changes how we experience traditional holidays. Instead of asking, “How much can I do?” we begin asking, “What would feel meaningful?” Sometimes the answer will still be big. Sometimes it will be small. The freedom to choose is what makes it sustainable.

If celebration feels heavy, it has probably become performative. If it feels gentle, it is likely aligned.

The goal of this book is not to convince you to do more. It is to invite you to do less, but with intention. To let celebration shrink down to something you can actually carry. Something that fits into your real life without strain.

When celebration stops being a production and starts being a pause, it becomes something you can practice all year long, and every single day, if you so choose.

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### Chapter 3 - Becoming a Person Who Marks Moments

There is a subtle but powerful shift that happens when you stop asking, “Should I celebrate this?” and start asking, “How do I want to mark this?”

The first question waits for permission. The second assumes agency.

Becoming a person who marks moments is not about becoming more festive. It is about becoming more attentive. It is a quiet identity shift. You begin to see your days not as a blur of tasks, but as a series of opportunities to add texture. A beginning. A midpoint. An ending. A shift in season. A hard conversation. A small win. These are all moments that can be acknowledged.

Most of us were taught to mark only the obvious milestones: birthdays, graduations, weddings, major holidays. But life is mostly made up of smaller thresholds. The first day you feel better after being sick. The day the light starts staying out longer. The afternoon you finally finish something that has been hanging over you. When you start noticing

these subtle turning points, you realize they deserve acknowledgment too.

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*A Personal Go To: One of the ways this has changed my own state of happiness is through the weather. Many label rainy days as “dreary” or “gray,” as if the sky had personally disappointed them. But somewhere along the way, I decided to enjoy whatever the weather was doing, and much of it came naturally anyway, as I’m fascinated by weather. Rain is cozy instead of gloomy; I get to stay in today and watch a movie or do something artful. Gray became soft instead of dull. Snow is magical. Just looking for the opportunity to be consciously happy. A 100-degree day makes me appreciative of the air conditioning.*

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This doesn’t require a personality transplant. You do not need to become more extroverted, more crafty, or more enthusiastic than you naturally are. Marking moments can be playful, quiet, thoughtful, silly, reverent, or simple. It can look like music in the kitchen. It can look like five minutes alone. It can look like sharing dessert. It can look like taking a walk to notice the air. It can simply look like staring out the wi

The key is consistency, not intensity. Noticing and being intentional.

When you practice marking moments regularly, you begin to trust that your days will not simply dissolve into each other. You begin to experience time as something you are shaping, even gently. And that changes how you feel inside your own life.

There is also something grounding about choosing to mark a moment even when no one else does. It builds an internal steadiness. You are no

longer waiting for the world to declare something important before you respond to it. You are allowed to decide that a Tuesday mattered. You are allowed to decide that surviving a hard week deserves acknowledgment. You are allowed to celebrate something small simply because you want to. And throwing parties are still really fun.

Over time, this becomes less about “doing celebration” and more about being someone who notices, appreciates, celebrates.

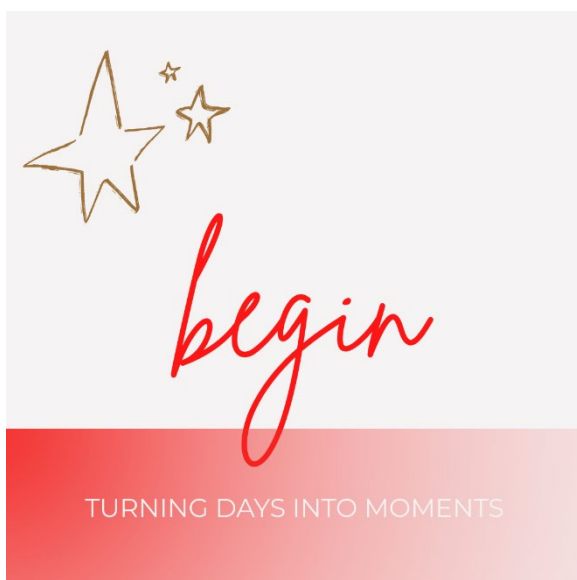
And when you become someone who notices, you begin finding quiet magic in ordinary life without forcing it. You don’t chase it. You recognize it. You give it a place to land.

That is what this book is really about. Not adding more. Not performing more. Not producing more. But gently becoming a person who marks the moments that make up a year one small shift at a time.

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## Part II – Turning Days Into Moments

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### Chapter 4 - Begin Where You Are

One of the fastest ways to abandon celebration is to make it bigger than your actual life.

We imagine what a day could look like if we had more energy, more time, more money, a cleaner house, better weather, more enthusiasm. And

when reality does not match that picture, we quietly decide it isn't worth trying.

This is where celebration slips away.

Meaningful celebration does not begin with ideal conditions. It begins with honest ones. Are you tired? Then the celebration might be softer. Are you busy? Then it might be brief. Are you energized? Maybe it grows a little. There is no required volume.

Beginning where you are means asking one simple question:

What feels doable today?

- Not impressive.
- Not Instagram-worthy.
- Doable.

Some days, that might mean drinking a special drink in a beautiful glass while you eat leftovers. Some days, it might mean picking up your favorite food to go on the way home. Some days, it might mean nothing more than saying out loud, "Today we're marking this," and letting that be enough.

The size of the celebration does not determine its value. Its sincerity does.

When we allow celebrations to match our real capacity, they become sustainable. They stop feeling like obligations and start feeling like invitations. You are not required to elevate every day into an event. You are simply invited to notice when something could be gently acknowledged with intention.

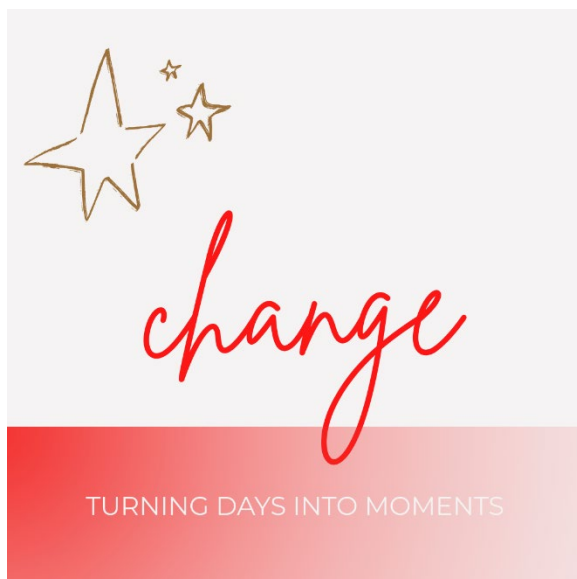
There is also something kind about beginning where you are. It removes comparison. It removes pressure. It acknowledges that your energy fluctuates, your seasons change, your responsibilities expand and contract.

Celebration should move with your life, not compete with it.

- If you are overwhelmed, begin small
- If you are grieving, begin gently.
- If you are joyful, begin playfully.

But begin.

Turning days into moments does not require a better life. It requires consciously participating in the one you already have.



## Chapter 5 - Change One Thing

If I had to name one lesson that has shaped my own happiness more than almost anything else, it would be small steps!!

Not dramatic reinventions. Not overnight transformations. Not “starting fresh on Monday.” Small steps.

For many of us, there’s a quiet belief that if something is worth doing, it must be done fully. Improving a day can feel like it requires improving all of it. Celebrating something can feel like it must resemble an actual

event. That kind of thinking is exhausting. It makes everything feel heavier than it needs to be.

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*A Personal Go To: A turning point in my life came when I realized the amazing tip called small steps. I thought about it even with the overwhelming task of moving recently. Pack one drawer right now, not the whole house. Often getting in the groove with one drawer led to something much larger, and before I knew it, I was all packed! The same is so true for celebrations. Simply ask at any moment, "What small thing could I celebrate right now?"*

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- You do not need to cook an elaborate meal.
- You do not need to invite anyone over.
- You do not need to rearrange your schedule.

You can change one thing.

- Play music while you fold laundry.
- Put the sparkling water in a real glass, a special glass.
- Step outside for two minutes before beginning that next task.

One shift. That is how a day begins to feel different. The offering is to become conscious about celebrating simple things.

There is something psychologically powerful about this. When you change one sensory element, light, sound, taste, environment, your brain registers novelty. Novelty wakes up attention. Attention brings presence. And presence is where meaning lives.

But beyond psychology, there is something deeply kind about small steps. They are doable. They are repeatable. They do not demand that

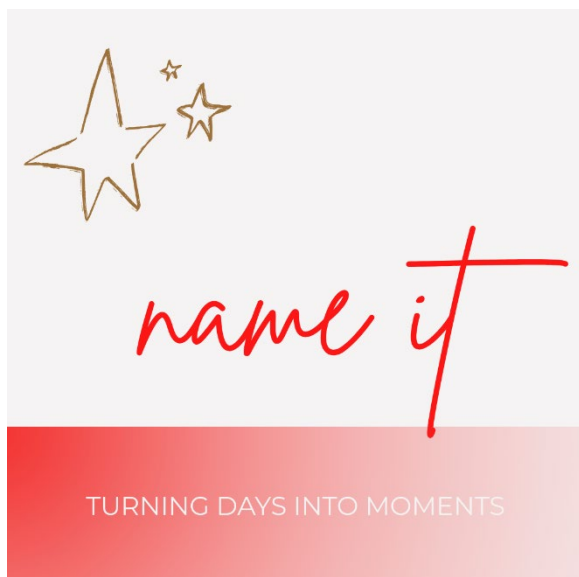
you become a different person. They simply invite you to participate in your own day in a slightly more intentional way.

I have learned that when something feels stuck, overwhelming, or flat, asking myself to change everything guarantees I will do nothing. Asking myself to change one thing? That I can do.

And often, that one thing is enough.

A rushed morning can soften with five slow breaths. Finishing that thing you've been procrastinating can feel profoundly celebratory; just mark the moment. A hard week can feel acknowledged with a small treat and the words, "We made it." Small steps are not insignificant. They are sustainable. And sustainability is what turns celebration into a practice rather than a burst of effort.

If you ever feel unsure how to mark a day, begin here: Change one thing. Not the whole day. Just the tone. That is how ordinary days begin to hold magic. Take small steps, it is one of my favorite lessons in so many aspects of my life.



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## Chapter 6 - Name the Moment

Changing one thing shifts the tone of a day. But naming the moment gives it shape.

There is something powerful about saying, out loud or in writing, what is happening. It moves an experience from vague to visible. It draws a line

around it. It tells your brain, “This is not just another passing hour.”

We often assume meaning is automatic. If something matters, surely we will feel it. But meaning deepens when it is articulated. A simple sentence can transform an action into a ritual.

“Today we’re welcoming fall.”

“We finished something hard.”

“This is the first rain of the season.”

“We made it through the week.”

When you name the moment, you anchor it. Without words, a candle is just a candle. With words, it becomes acknowledgment. Without words, dessert is just dessert. With words, it becomes celebration.

Naming does not require a speech. It does not require eloquence. It requires intention. Even a quiet sentence spoken to yourself changes how a moment lands.

This is especially important during subtle or difficult seasons. When something does not look celebratory on the outside, naming it can still mark it.

“Today we are honoring this loss.”

“Today we’re choosing rest.”

“Today we are beginning again.”

“Today’s rain makes it beautiful here.”

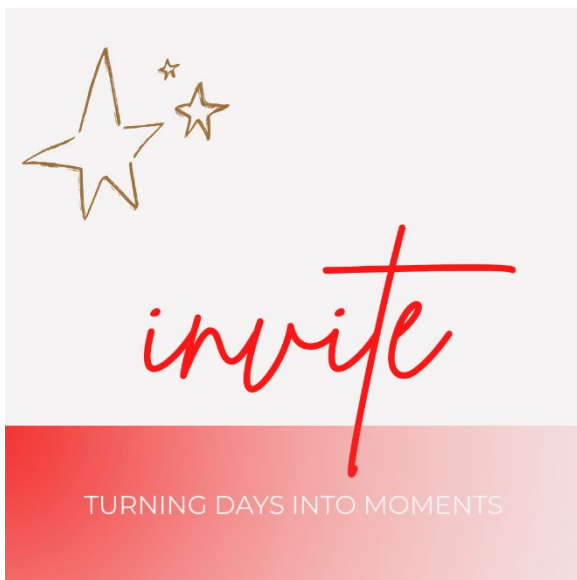
The act of naming brings steadiness. It clarifies why you are pausing. It prevents celebration from drifting into distraction. It keeps it rooted in meaning.

When you combine a small shift with a simple sentence, something changes. The day is no longer accidental. It has been acknowledged. And acknowledgment is a form of care.

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*A Personal Go To: I have learned to say things out loud. Sometimes it's just to myself in the kitchen. Sometimes it's to whoever is nearby. I might simply say, "Today we're marking this." I will notice the first real rain of the season and say, "This is the beginning of cozy." I will finish a long week and say, "We made it." I love, love, love where I'm currently living. I have an amazing view. Every morning, I get up and, no kidding, I say, "Man, I love this place, this view is amazing!"*

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## Chapter 7 - Invite or Keep It Quiet

Not every celebration needs a witness. This may feel surprising in a culture where celebration is often associated with gathering, posting, announcing, or sharing. We are used to equating joy with visibility. But meaningful celebration does not require an audience. It requires

sincerity.

Sometimes inviting others deepens the moment. Sharing a dessert, sending a text, or saying, "Today we're marking this," creates connection. There is something warm about being seen in your noticing. It can turn

an ordinary Tuesday into a shared memory. It can soften the edges of a hard week. It can make something small feel expansive.

Other times, celebration is quieter.

- It is a homemade meal special to you.
- A walk taken without commentary.
- A sentence written in a journal that no one else will read.

Part of turning days into moments is learning to sense what feels right in that particular season. Are you craving connection? Then invite someone over. Are you feeling tender or overwhelmed? Then keep it simple and private. Celebration should support your nervous system, not stretch it.

There is also freedom in allowing yourself to celebrate without broadcasting it. Not everything meaningful needs to be documented or displayed. Some moments grow stronger in stillness. They settle more deeply when they are not immediately translated into content.

At the same time, don't underestimate the power of a small shared acknowledgment. A simple message that says, "We made it through this week," can create a ripple. A shared laugh over a donut can turn a small indulgence into a memory.

The question is not, "Should this be shared?" The question is, "Would sharing this add warmth, or would it add pressure?"

If it adds warmth, invite.

If it adds pressure, keep it quiet.

Meaningful celebration is not about performance. It is about participation. Whether you mark a moment alone or with others, the

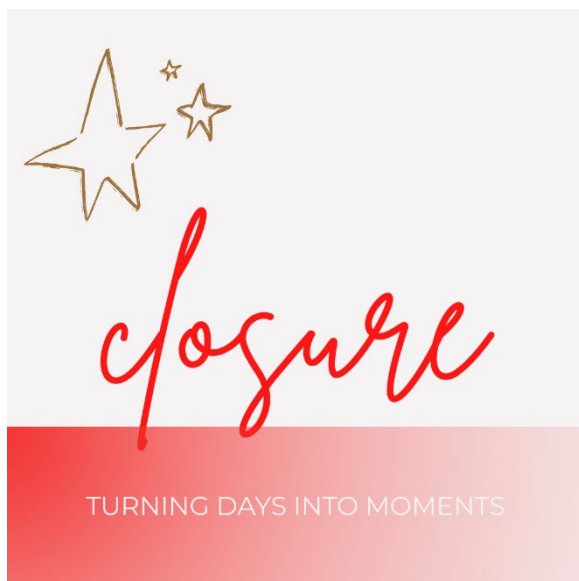
heart of it remains the same: you noticed, you paused, you made it matter.

And that is enough.

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*A Personal Go To: Some days I will text someone and say, "I'm celebrating the rain today," or "We made it to Friday." Other days I keep it entirely to myself. I'm learning to notice the difference between wanting connection and wanting calm. There is a kind of joy in both. Often I fall into the trap of having a big celebration for an event, and then not having it at all; I'm learning I can just have a handful of people over; it doesn't need to be 50!*

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## Chapter 8 - Close the Moment

There is a pleasing and quiet art to ending something on purpose.

We often begin things intentionally, but we rarely close them with the same awareness. The moment simply dissolves back into the day. The dishes get cleared. The music fades. The phone buzzes. We move on.

But closing a moment gently seals it.

Closure does not need to be dramatic. It does not need to be ceremonial. It can be as simple as closing your eyes and noticing the end. Finishing the last sip of something special. Taking one steady breath before turning the lights back on. Saying, "Celebrated," under your breath.

Closure tells your brain that something has been completed.

Without closure, celebration can blur into distraction. With closure, it feels intentional. Contained. Whole.

This is especially important for sustainability. When celebration has a beginning and an ending, it does not take over the day. It does not become another demand. It becomes a pause within the day, not an event that consumes it.

There is something grounding about allowing a moment to land and then releasing it. You marked it. You felt it. You honored it. Now you return to your ordinary life, which, over time, feels less ordinary because of these small interruptions.

Closing the moment also prevents the quiet pressure to do more. It helps you resist the urge to extend, expand, or elaborate. It reminds you that enough is enough. The candle does not need to burn all evening. The celebration does not need to grow larger to justify itself. It was meaningful because you marked it.

And now it is complete.

Turning days into moments is not about stretching joy as long as possible. It is about punctuating time with intention. A beginning. A middle. An end. Intentional consciousness.

When you practice closing moments gently, you begin to trust that another one will come.

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*A Personal Go To: What I actually do, more often than not, is notice. Often I do this when using or noticing a gift I've received – a pretty little jar of lip treatment with a cute little gold bow on it, a gift from my niece at Christmas, I think about that moment and joyfully reflect. A vase my sister-in-law picked for me years ago; it's sits in front of me, and I think of that special selection she made often; a coffee mug my son brought me from New Orleans. I enjoy gift giving and these things are very special to me. It isn't formal. It isn't scripted. It's more of a soft internal nod. A quiet acknowledgment that this moment mattered in some small way, and my appreciation of being mentioned by my loved ones.*

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## **PART III - Celebrating Real Life**

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### **Chapter 9 - Celebrating the Seasons**

One of the easiest ways to begin marking moments is to pay attention to the seasons. Not just the official start dates, but the subtle transitions. The first truly cool evening after summer. The first morning you need a sweater. The first light that lingers longer than it did the week before.

Seasonal shifts are built-in invitations to notice. Nature is already changing. The light is already different. The air already carries a new tone. All you have to do is participate.

Celebrating the seasons does not require a themed centerpiece or a house full of decorations. It can be as simple as adjusting one sensory

element to match what is happening outside. A lamp lit earlier in the evening. A different tea. Windows opened. Windows closed. A walk to feel the air. Your favorite sweater for the cooler days. A hat for now.

When you name the shift, “Fall is here,” “The days are stretching,” “Winter has settled in”, you align yourself with the rhythm of time. Instead of resisting change, you acknowledge it.

There is something regulating about this. The seasons move whether we pay attention or not. But when we do pay attention, they feel less abrupt. Less disorienting. You begin to expect change. You begin to welcome it.

Even subtle weather patterns can become celebratory. A long stretch of rain can feel cozy instead of dreary when you decide it does. A bright, clear morning can feel expansive when you step outside and notice it fully. The point is not the weather itself, it is your relationship to it. The contrast from being out in the rain and then showing up in your cozy home is celebratory.

Celebrating the seasons teaches you that change is not something to brace against. It is something to mark. And when you mark change gently, it feels less like loss and more like movement.

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*My Personal Go To: One of the quiet joys of living through many years is realizing that every season has its own personality, and I notice all of them. Not better. Not worse. Just different. Spring arrives with curiosity. Summer stretches everything open. Winter pulls the world inward. And then there is fall. For me, fall carries a feeling that is harder to explain. Maybe it is the rhythm of the school year beginning again. Maybe it is memories tied to my October birthday and celebrations. Or maybe fall simply reminds us that endings can also be beautiful.*



## Chapter 10 - Celebrating the Weather

Weather is one of the most overlooked invitations to celebrate.

It happens whether we pay attention or not. It shifts, gathers, clears, softens, storms, brightens, all without asking for our opinion. And yet we tend to reduce it to commentary. “It’s gloomy.” “It’s

dreary.” “It’s perfect.” As if the sky is either cooperating with us or failing us.

When you begin celebrating the weather, you stop waiting for ideal conditions to enjoy your day. You stop attaching your mood to sunshine alone. Instead, you start asking, “What is today offering?”

- Rain offers sound.
- Fog offers mystery.
- Wind offers movement.
- Heat offers slowness.
- Cold offers contrast.

There is something quietly fascinating about the science of weather. Moisture suspended in air. Temperature gradients. Light refracting differently. The way sound feels softer when the world is wrapped in fog or snow; the silence of snow, it’s amazing!

When you look at weather this way, it stops being an inconvenience and starts being a phenomenon.

Celebrating the weather does not mean pretending to like everything equally. It means choosing curiosity over complaint. It means letting yourself be intrigued.

On a hella foggy day when you can only see a block ahead, instead of calling it dreary, you might say, “Look at this. The city is dissolving.” That shift in language changes your experience. The day becomes atmospheric instead of depressing. It becomes cinematic instead of dull.

And when the sun shifts lower in the sky and everything turns more golden, you can mark it. Not with decorations. With attention.

Weather is one of the most reliable ways to practice celebration because it is always happening. You do not have to manufacture it. You only have to notice it.

And when you begin noticing it, something else changes. You stop arguing with the day. You let it be what it is. And that, in itself, feels like a kind of quiet magic.

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*My Personal Go To - Living in a high-rise has made me hyper-aware of the weather. I can literally see the weather move. As I'm writing, there is thick fog where you can only see about a block in any direction. From above, it looks like the city is dissolving into clouds. Instead of calling it dreary, I find myself fascinated by it. The science of it. The way moisture hangs in the air. The way sound changes. I don't need it to be sunny to enjoy weather; I just need to notice it. Watching the sky has become one of the simplest ways I mark time and seasons. The world shifts, and I am intrigued by it.*



## Chapter 11 - Celebrating Small Wins

Most of life is not made up of major milestones. It is made up of progress that barely looks like progress.

A form submitted.

A drawer cleaned.

A hard conversation survived.

A habit repeated one more day.

A boundary held.

And yet we tend to wait for something bigger before we allow ourselves acknowledgment. We tell ourselves we'll celebrate when the goal is fully reached. When the weight is gone. When the project is finished. When the situation is resolved.

But that mindset quietly robs us of momentum.

Small wins are not minor. They are movement.

Celebrating small wins reinforces effort. It signals to your brain that progress matters, not just outcomes. When you pause to acknowledge a small step, you strengthen the likelihood that you will take the next one. Momentum builds not from intensity, but from recognition.

This is especially true when something feels slow. Growth often looks unimpressive from the outside. It looks like repetition. It looks like trying again. It looks like showing up imperfectly. Without marking those efforts, it's easy to feel like nothing is happening.

Celebrating a small win can be as simple as saying, "That counted."

It might look like making tea after finishing something you've been avoiding. It might mean stepping outside for fresh air after sending a difficult email. It might mean telling someone, "I did it," even if what you did seems ordinary.

The celebration does not need to match the size of the achievement. It only needs to acknowledge it. There is something deeply stabilizing about this. When you allow yourself to notice small progress, you stop living in an all-or-nothing mindset. You stop waiting for a grand reveal. You begin building a life that feels marked along the way, not only at the end.

And when you build step by step, acknowledgment by acknowledgment, the year feels different. It feels lived.

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*My Personal Go To - One of the biggest lessons in my own life has been learning to honor small wins. I used to think change had to be dramatic to matter. Now I pay attention to the quieter victories. If I follow through on something I said I would do, I notice it. If I take a small action toward a goal instead of postponing it, I acknowledge it. Sometimes that acknowledgment is nothing more than a pause and the words, "That was a step." But that sentence changes everything. It reminds me that progress is built from moments, not leaps.*



## Chapter 12 - Celebrating Hard Days

Not every day feels celebratory.

Some days feel heavy. Irritating. Exhausting. Uncertain. Tender. There are days when nothing went according to plan. Days when energy ran out early. Days when emotions lingered longer than you wanted them to.

Celebrating hard days does not mean pretending they were easy. It means acknowledging that you lived them.

There is something quietly powerful about marking survival. About saying, “This was difficult, and I am still here.” That sentence alone shifts the tone. It moves the day from something that simply happened to something you endured with awareness.

Hard days deserve gentleness, not pressure. The celebration might be small, a warm shower taken slowly, a lamp lit instead of overhead lighting, a favorite meal ordered instead of cooked. It might be nothing more than sitting down and naming what the day was.

“This was a lot.”

“That conversation was hard.”

“I’m tired.”

Naming the difficulty is not negativity. It is honesty. And honesty, when paired with kindness, becomes stabilizing.

There is also a quiet dignity in marking pain without dramatizing it. You don't need to turn a hard day into a lesson. You don't need to extract meaning immediately. You can simply acknowledge it. Crawl in bed if you'd like.

Celebrating hard days often looks like lowering the bar instead of raising it. It looks like asking less of yourself. It looks like resting without guilt. It looks like choosing comfort intentionally.

And sometimes the celebration is simply this: You made it through. That counts.

When you begin marking hard days gently, you build resilience without force. You remind yourself that even difficult seasons are worthy of acknowledgment. You stop waiting for only pleasant moments to be marked. You include the full spectrum of your life.

And that inclusion creates steadiness.

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*My Personal Go To - There have been seasons in my life when celebration felt almost inappropriate because things were heavy. What I've learned is that hard days need acknowledgment just as much as joyful ones. On days that feel emotionally full, I'll lower the lights early. I'll move more slowly. I'll say to myself, "That was hard." I don't try to fix it. I don't try to reframe it immediately. I let the day be honest. That small act of recognition has kept me steady more times than I can count.*

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## Chapter 13 - Celebrating Silly Days

Not every celebration needs depth.

Some days are simply ridiculous, charming, and/or quite delightfully unnecessary. National Donut Day. Wear Yellow Day. Talk Like a Pirate Day. The existence of these days alone is a reminder that life does not

have to be taken seriously at all times.

There is something disarming about choosing play on purpose. When you allow yourself to participate in something small and slightly absurd, you interrupt intensity. You give your brain a break from productivity, responsibility, and seriousness. Breaks matter.

Silly celebrations often require even less effort than meaningful ones. A donut shared. A bright shirt worn intentionally. A themed playlist for no good reason. The point is not the theme itself, it's the permission.

- Permission to lighten up.
- Permission to smile at something unnecessary.
- Permission to say, "Why not?"

In many ways, silly days are the easiest place to practice the methods you've learned.

- Begin where you are.
- Change one thing.
- Name the moment.
- Invite or keep it quiet.
- Close it gently.

The simplicity is the beauty. There is also something surprisingly grounding about these small, playful interruptions. They remind you that joy does not have to be earned. It can be chosen. Even, especially when, nothing significant is happening.

When you celebrate silly days, you stretch your capacity for lightness. You prove to yourself that life can hold both seriousness and play. That the year can include both hard conversations and themed desserts. And sometimes, the most sustainable joy comes from moments that are completely unnecessary.

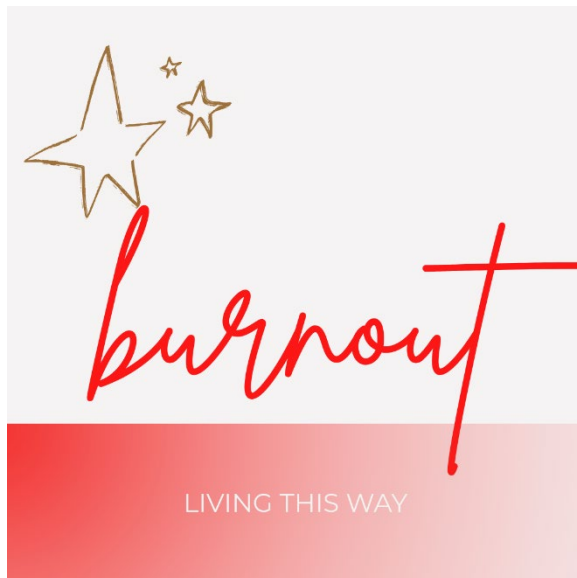
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*My Own Personal Go To: I've learned not to overthink silly days. If a holiday exists that makes me smile, I'll participate in the smallest possible way. Maybe it's a donut. Maybe it's a text to someone that says, "Apparently this is a thing today." I don't build it into an event. I just let it interrupt the day slightly. That tiny layer of playfulness shifts the tone more than I expect. It reminds me that not everything meaningful has to be serious.*

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## PART IV - Living This Way

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### Chapter 14 - Avoiding Celebration Burnout

One of the fastest ways to drain joy from celebration is to overdo it.

When everything becomes a production, nothing feels special. When every day demands a gesture, gestures lose their meaning. Celebration

fatigue is real, and it often happens when we confuse consistency with intensity.

The goal is not to celebrate all 365 days in full color, the goal is to create days that feel marked, and there is a difference.

You might choose anchor points throughout the month like seasonal shifts, a few favorite holidays, personal milestones. You might decide that some weeks feel full enough without additional marking. You might have seasons of life where celebration becomes quieter and seasons where it expands. You might even celebrate doing nothing, being quiet. Let it breathe.

Let celebration remain an invitation, not just another assignment.

If you ever feel tired of it, return to the smallest possible version. Change one thing. Name it. Close it. That is enough.



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## Chapter 15 - Creating a Year That Feels Marked

When you practice this gently over time, something subtle begins to shift.

Instead of remembering your year only by major events, you begin to remember its texture.

The foggy week in October. The

first warm evening in spring. The day you finished something that had been lingering. The quiet candle you lit on a hard anniversary.

These small moments create a map of happy and celebrated times.

They prevent time from collapsing into one indistinguishable blur.

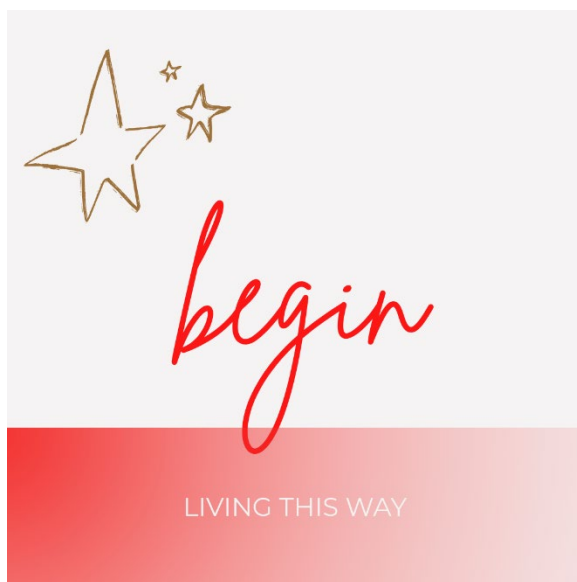
They give your memory places to land. They create emotional landmarks.

You do not need to document every celebration. You do not need a perfect journal. But occasionally pausing to notice what you've marked can be grounding. It reminds you that you have been participating in your life, not just moving through it.

At its simplest, celebration is not an event. It is a posture. It is the decision to move through your life with a slight tilt toward noticing what is worth marking. When you integrate celebration into your days, it stops being something you schedule and becomes something you embody. You begin to respond to moments instead of rushing past them. You add light when the room feels dim. You

acknowledge effort when it would otherwise go unseen. You notice the weather, the shift, the completion, the beginning. Celebration becomes less about what you do and more about how you move with awareness, with curiosity, with a quiet willingness to say, “This matters.” Over time, it becomes natural. Not forced. Not performative. Just part of how you live.

A year that feels marked is not necessarily a louder year. It is a more attended one. And attention, applied consistently, changes everything.



## Chapter 16 - A Gentle 30-Day Beginning

If this practice feels appealing but slightly abstract, begin small.

For the next 30 days, choose one simple act each day:

- Change one thing.
- Name it.
- Pause.

It does not need to correspond to a holiday. It does not need to be elaborate. It only needs to be intentional. Set yourself a reminder to get started; just do one celebratory thing.

You might:

- Notice the weather daily.
- Celebrate one small win each Friday.
- Mark the beginning of a new month.
- Choose one silly holiday to acknowledge.
- Celebrate Mondays instead of dreading them.
- Decide what your favorite day of the week is, and it may change.
- Pick a ritual for each day.
- Select a magical hour for every day to stop and notice.
- Drink an intentional glass of water.
- Think about why you are lucky to be alive.

After 30 days, you may find that the practice feels natural. You may find yourself noticing shifts without prompting. You may begin marking moments instinctively. Or you may simply feel slightly more present. Either outcome counts.

Because meaningful celebration is not about becoming a different person. It is about paying attention to the one you already are.

Save this book at your fingertips and launch it whenever you need a reminder to celebrate!

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## PART V – When Life Feels Heavy

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### Chapter 17 - Gentle Celebrations for Hard Days

Not every day feels like a celebration. Some days feel slow, foggy, busy, exhausting, sick or heavy in ways you can't quite explain. You might wake up already tired. You might feel unmotivated, distracted, or just "off." Even small things can feel like too much, and the idea of doing anything

extra can feel overwhelming.

This section is here for those days. The days when your energy is low, your mind is full, or your heart is carrying more than usual. The days when you're showing up, but it doesn't feel like your best.

Celebration doesn't have to mean energy, excitement, or effort. It doesn't have to be visible or shared or even noticeable to anyone else. On hard days, celebration simply means choosing one small moment of care, an afternoon of comfort, or a day of rest. Something gentle. Something easy. Something that meets you exactly where you are.

- You are not behind.
- You are not doing it wrong.
- You are allowed to move slower.
- You are allowed to have days that feel different.

And even here, especially here, you are still allowed to have something good in your day.

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## **What a Heavy Day Can Actually Look Like**

### **Waking Up Already Tired**

You slept, but you don't feel rested. Getting out of bed feels like effort.

### **Walking Into a Messy Kitchen**

Dishes in the sink. Clutter on the counter. You don't even know where to start, so you don't.

### **Going to Work When You'd Rather Stay Home**

You're there, doing what you need to do, but your energy just isn't there.

### **Feeling Irritated by Small Things**

Noise feels louder. People feel more draining. Your patience is thinner than usual.

### **Not Knowing What to Eat**

You open the fridge, stare, close it. Nothing sounds good, but you know you need something.

### **Sitting Down and Losing Track of Time**

You meant to do something, but instead you just sit...scrolling, staring, or zoning out.

### **Avoiding Things You Normally Handle Easily**

Emails, texts, simple tasks, and everything feels like it requires more energy than you have.

### **Feeling a Little Lonely**

Even if people are around, you feel slightly disconnected or unseen.

### **Missing Someone or Something**

A person, a version of life, or just a time when things felt easier.

### **Your Home Feels Quiet in a Heavy Way**

Not peaceful—just still, and a little too quiet.

### **You're Doing the Basics, and That's It**

You're showing up, but only just enough to get through the day.



## **Chapter 18 – 50 Gentle Actions for Hard Days**

### **Sit in the Sun**

Find a window or step outside for a few minutes and let the light hit your face.

### **Drink Something Warm**

Coffee, tea, or warm water, hold the cup and take a slow sip.

### **Wrap Up in Something Cozy**

A blanket or soft sweatshirt can instantly shift how your body feels.

### **Do One Tiny Task**

Make the bed, wash one dish, or fold one towel, then stop.

### **Open a Window**

Let in fresh air, even for a minute.

**Take a Deep Breath**

Inhale slowly, exhale slowly, just once or twice.

**Step Outside for 2 Minutes**

No agenda, just a quick reset.

**Sit Down Without Guilt**

Rest is allowed.

**Drink a Glass of Water**

Simple care still counts.

**Eat Something Easy**

Toast, soup, or a snack, whatever feels doable.

**Listen to a Favorite Song**

Something familiar and comforting.

**Change Rooms**

A small shift in environment can help.

**Wash Your Hands Slowly**

Warm water, slow moment, reset.

**Look Out the Window**

Pause and notice something outside.

**Text Someone “Thinking of You”**

No conversation required.

**Turn on a Lamp**

Soft lighting can feel calming.

**Put on Comfortable Clothes**

Change into something that feels better.

**Sit in Silence for a Minute**

No input, no noise.

**Stretch Your Arms Overhead**

A quick physical reset.

**Make Your Bed (Even Messy)**

It doesn't have to be perfect.

**Take a Warm Shower**

Let the water relax your body.

**Brush Your Hair Slowly**

A small, grounding act.

**Put on Lip Balm or Lotion**

Tiny self-care moment.

**Hold Something Warm**

A mug, blanket, or heating pad.

**Listen to Rain Sounds or Soft Music**

Background comfort without effort.

**Watch Something Familiar**

A show you've already seen.

**Sit Somewhere Different**

A chair, the floor, a different corner.

**Look at a Photo You Love**

A memory that feels good.

**Write One Sentence in a Journal**

Just one thought—nothing more.

**Step Into Fresh Air**

Even standing in the doorway counts.

**Tidy One Small Area**

A corner, a surface, a single space.

**Make a Simple Drink You Enjoy**

Sparkling water, tea, anything easy.

**Close Your Eyes for a Minute**

Let your mind pause.

**Notice 3 Things Around You**

Something you see, hear, and feel.

**Let Yourself Do Nothing for a Bit**

No fixing, no pushing.

**Sit With a Pet**

Quiet companionship.

**Put on Socks or Something Warm**

Comfort your body.

**Slowly Eat Something You Like**

Even just a few bites.

**Say “This Is Enough for Today”**

And mean it.

**Open the Curtains**

Let in natural light.

**Turn Off Harsh Lighting**

Soften your space.

### **Lean Against Something Comfortable**

A wall, couch, or pillows.

### **Take One Slow Walk Around the Room**

Just to move a little.

### **Pause Before Your Next Task**

Give yourself a moment.

### **Remind Yourself This Will Pass**

Even if it doesn't feel like it.

### **Choose the Easiest Option Available**

Convenience is allowed.

### **Let Something Go Unfinished**

It can wait.

### **Notice One Good Thing**

Even something very small.

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*My Personal Go To:* A hot shower can feel like a reset for both your body and your mind. The warmth helps relax tight muscles, ease tension, and create a sense of physical comfort that can be hard to find on heavy days. It's a small, private space where nothing is expected of you. You don't have to solve anything or figure anything out. You can just stand there, breathe, and let the moment soften everything, even if only a little. "Take a hot shower," has become one of my go to's for so many things."

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## Chapter 19: When You Feel Off But Don't Know Why

Some days don't come with a clear reason. Nothing is necessarily wrong, but something doesn't feel right either. You might feel unsettled, distracted, low-energy, or slightly disconnected from yourself or your surroundings. You try to pinpoint it... but you can't.

This kind of day doesn't need to be fixed. It doesn't need a solution, a plan, or a big shift. It just needs a little space. A little awareness. A little softness.

Instead of asking, *"What's wrong with me?"*

Try asking, *"What do I notice right now?"*

You'll notice sometimes we're repeating similar things. It's just a reminder that doing simple things with intention are super healing and satisfying. It's the noticing of them that makes them that way.

### **Small Ways to Gently Reset**

These are not tasks to complete. They are small invitations to reconnect with yourself, your space, and the present moment.

### **Practice Grounding by Simply Naming Things You Notice**

A sound, a color, the way the air feels, just one thing. Maybe it's the hum of a refrigerator, the light coming through a window, or the softness of what you're wearing. You don't need to analyze it. Just notice it.

### **Step Outside for a Minute**

A quick reset without pressure. Stand on your porch, step onto a sidewalk, or just open the door and take a breath. The shift in air, light, and space can gently interrupt the “off” feeling.

### **Change Your Environment Slightly**

Move rooms, turn on a light, light a candle, or sit somewhere different. You don’t need a full reset, just a small change can help your mind shift too.

### **Let the Day Be What It Is**

Not every day needs to be productive, exciting, or meaningful. Some days are just... quieter. Let that be enough.

### **When You Can’t Name the Feeling**

It’s okay if you don’t understand why you feel off.

You don’t need to:

- Figure it out
- Fix it
- Push through it
- Turn it into something productive

Sometimes your body or mind is simply asking for:

- A pause
- Less input
- A slower pace

You can respond without having all the answers.

## **A Different Way to Move Through the Day**

Instead of trying to “snap out of it,” try moving more gently. Lower the pressure. Reduce the expectations. Let things be simpler than usual.

You might:

- Do fewer things
- Choose easier options
- Take more pauses
- Let things wait

This is not falling behind. This is adjusting to what you need today.

## **Tiny Anchors to Bring You Back**

If you feel disconnected, try something small that brings you back into your body or your surroundings.

### **Touch something nearby**

A table, a blanket, your own hands.

### **Take one slow breath**

Not ten. Just one.

### **Look at something closely**

A plant, a pattern, a small detail.

### **Listen for a single sound**

Something steady or soft.

These moments are tiny, but they create a sense of presence. Simply notice them.

## **When Nothing Seems to Shift**

Sometimes you try a few things, and you still feel off. That's okay. This isn't about changing how you feel immediately. It's about making the day a little more manageable while you feel this way. Even if nothing fully "works," you are still taking care of yourself in small, quiet ways. And that matters.

## **A Quiet Reminder**

You don't need to understand every feeling. You don't need to fix every mood. Some days are simply meant to be moved through gently, and even on these days, you are still allowed to create small moments of ease, comfort, and calm.

That is enough. Just allow.

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## **100 SIMPLE WAYS TO CELEBRATE ANY DAY**

Think of this list as your go-to reset button for joy, something you can return to anytime, no matter your mood, energy level, or schedule. You don't need a special occasion, extra time, or a perfect mindset to celebrate; just pick one simple idea and let it be enough.

On busy days, choose something that takes seconds. On harder days, let this list gently guide you back to yourself. You can revisit the same favorites again and again or try something new each time. The goal isn't to do more, it's simply to notice more.

These tiny moments of intention are what turn ordinary days into something worth celebrating. There is only one rule. Be conscious about your chosen activity. That's it, just think about what you're

doing. Sometimes just reading the list feels good, and that's enough!

1. Light a candle
2. Play your favorite song
3. Step outside for fresh air
4. Make a cup of tea or coffee
5. Text someone you love
6. Smile at yourself in the mirror
7. Take a deep breath and pause
8. Open a window
9. Wear your favorite color
10. Put on cozy socks
11. Eat something you love
12. Add whipped cream to something
13. Sit in the sun for 5 minutes
14. Watch a funny video
15. Say "today is a good day" out loud
16. Stretch your arms overhead
17. Look at old photos
18. Spray a favorite scent
19. Drink a glass of cold water slowly

20. Write one thing you're grateful for
21. Dance for one minute
22. Step away from your phone
23. Compliment someone
24. Compliment yourself
25. Make your bed
26. Fluff a pillow
27. Open a book and read one page
28. Sit in silence for a minute
29. Take a different route through your house
30. Light up a room (lamps, lights, ambiance)
31. Put on lip balm or lotion
32. Take a long exhale
33. Look up at the sky
34. Notice something beautiful
35. Tidy one small space
36. Put on music while doing nothing else
37. Hum your favorite tune
38. Drink something bubbly
39. Eat a piece of chocolate slowly
40. Say "I'm allowed to enjoy this moment"

41. Sit somewhere different
42. Watch the clouds
43. Open a drawer and organize one thing
44. Take a deep inhale through your nose
45. Roll your shoulders back
46. Put your phone on silent for 5 minutes
47. Listen to a calming sound
48. Look at a plant or flower
49. Water a plant
50. Step barefoot on the floor
51. Write down a small win
52. Laugh on purpose
53. Look out the window and pause
54. Close your eyes for 30 seconds
55. Let your shoulders drop
56. Take a sip of something warm
57. Say “this is enough”
58. Do one thing slowly
59. Enjoy a quiet moment
60. Pause before your next task
61. Add ice to your drink

62. Sit in your favorite chair
63. Adjust lighting to feel cozy
64. Turn on a soft playlist
65. Watch a candle flicker
66. Open the blinds
67. Take one intentional breath
68. Notice your surroundings
69. Relax your jaw
70. Take a small break
71. Sit near a window
72. Look at something that makes you happy
73. Do nothing for one full minute
74. Feel your feet on the ground
75. Take a sip and savor it
76. Slow down your movements
77. Let yourself rest
78. Appreciate your space
79. Stretch your neck gently
80. Notice the temperature around you
81. Change into something comfy
82. Take a pause between tasks

83. Look at a favorite object
84. Remind yourself you're doing your best
85. Sit with good posture for a moment
86. Take a calming breath in and out
87. Let a thought pass without holding it
88. Be present for one minute
89. Enjoy a moment of stillness
90. Allow yourself to reset
91. Say "I made it through today"
92. Take a sip of something you enjoy
93. Appreciate one small detail
94. Pause and look around
95. Notice how far you've come
96. Let yourself feel okay
97. Take one gentle breath
98. Sit in peace for a moment
99. Allow a small moment of joy.
100.     Simply be

## Closing

You do not need to overhaul your life to live it more fully. You do not need more decorations, more plans, more money, more things, or more productivity.

You need moments.

- Small ones.
- Honest ones.
- Intentional ones.

Throughout this book, you have seen how simple it can be to turn an ordinary day into something gently marked. Begin where you are. Change one thing. Name the moment. Share it or keep it quiet. Close it with care.

None of these require perfection. They require attention.

When you begin paying attention in this way, something subtle shifts. Time feels less slippery. Weeks feel less blurred. Seasons feel less abrupt. You start to notice the angle of the sun, the sound of rain, the satisfaction of finishing something small. You begin responding to your life instead of rushing through it.

Celebration, at its core, is not about noise. It is about acknowledgment.

It is the act of saying this mattered, this counted, I was here for this. You will not mark every day. You do not need to. But when you choose to mark one with a simple nod or gesture, a donut, a sentence spoken out loud, or a quiet pause at the window, you are shaping your experience of time.

You are finding quiet magic in ordinary life.

And that magic does not arrive because conditions are perfect. It appears because you noticed.

So enjoy the weather. Eat the cake. Watch the fog roll in. Mark the magic.

**And let that be enough.**

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