

420

WAYS TO ACHIEVE A NATURAL HIGH

You can feel amazing without substances. The possibilities are almost countless to really connect with yourself, your loved ones, and the world around you. Here are just a few things you can do to achieve a natural high all year long:

#97 | VISIT THE OCEAN

#226 | DISC GOLF

#348
MAKE A GREAT MEAL



#48
MAKE ART



#140 | TAKE A HIKE

#116 | EXERCISE

#7
DANCE PARTY



#16 | HULA HOOPING

#24
PLANT FLOWERS

#281
WATCH A SUNSET



#33 | ZIP LINING

#63 | CATCH A CONCERT

#99 | ATTEND A SHOW

#172
PLAY WITH YOUR PET



#207 | PRACTICE GRATITUDE

#135 | ICE FISHING

#418
SPEND TIME IN NATURE



WE'RE COLLECTING 420 IDEAS—
WHAT ARE YOURS?