

Forum:[Hack Forums](#)

Thread: [Whats a tiny thing lately thats made your day a little better?](#)

Sift - May 9, 2026, 3:50 pm

Not talking about huge life-changing moments or anything dramatic. Just small stuff.

For me, it was opening the fridge this morning thinking I was completely out of energy drinks and spotting one last white Monster hiding behind everything else. Genuinely improved my mood more than it should've.

Life without caffeine is honestly terrible

I feel like life gets exhausting sometimes, so those random little wins weirdly carry the whole day.

Could be:

- finding cash in an old hoodie
- finally getting a full night of sleep
- your food turning out way better than expected
- someone sending you a random "hope you're doing okay" text
- hitting every green light on the way home
- getting into freshly washed sheets
- * hearing a song you forgot existed

What's been your small win lately?

Could use some wholesome replies instead of doomscrolling on tiktok and playing with my attention span for once.

Pr0m3th3us - May 9, 2026, 3:56 pm

Not really tiny but i have cut back on drinking in the last couple months. I was doing about 15ish a day, now im down to about 7 on average. Lost almost 10lbs and noticed more energy, less cravings, clear thinking. Its still tough though, not out of the weeds yet.

Deany - May 9, 2026, 4:07 pm

Drinking a Dr. Pepper. Makes my day instantly better lol

MadScientist - May 9, 2026, 4:40 pm

Dropping energy drinks for a Matcha Kratom blend with various herbs and mushrooms as for drink of choice

L?G?ND - May 9, 2026, 6:53 pm

Starting my morning off with prayer and listening to the bible during my commute to work. Implementing this every morning has greatly impacted my demeanor at work, and for the remainder of the day as well.

Andy Walker - May 9, 2026, 7:37 pm

Reading. That has really improved my mood and made the long days at work less heavy.

Yin Yang - May 9, 2026, 8:15 pm

Good ole Diet Coke and some monster zero ?

Mercury - May 9, 2026, 8:57 pm

As of recently I've been staying with family for medical reasons. At first it was boring as hell being that most of my belongings are still at my house. I went on Ebay a few weeks ago and purchased a pre owned Lenovo Thinkpad E580 and let me tell you, this thing has been a game changer for me. I get so tired of screwing around on my phone so this thing flipped the script for me for sure.

Edmond Dantes - May 10, 2026, 12:44 am

Getting to sleep on my own bed after 1 year. Feels amazing :)

Sift - May 10, 2026, 3:15 am

(May 9, 2026 03:56 PM)Rust-0l3um Wrote: [\[CITE\]](#) Not really tiny but i have cut back on drinking in the last couple months. I was doing about 15ish a day, now im down to about 7 on average. Lost almost 10lbs and noticed more energy, less cravings, clear thinking. Its still tough though, not out of the weeds yet.

That's a very good thing I did whole year of drinking and partying at one point and got sick off it now I drink 2-3 times a year usually if im traveling to other countries.

(May 9, 2026 04:07 PM)Deany Wrote: [\[CITE\]](#) Drinking a Dr. Pepper. Makes my day instantly better lol

Too each their own I'm not a big fan of Dr. Pepper but I'm happy that it makes your day better.

(May 9, 2026 04:40 PM)MadScientist Wrote: [\[CITE\]](#) Dropping energy drinks for a Matcha Kratom blend with various herbs and mushrooms as for drink of choice
I do not know what matcha kratom is but will look into it.

(May 9, 2026 06:53 PM)L?G?ND Wrote: [\[CITE\]](#) Starting my morning off with prayer and listening to the bible during my commute to work. Implementing this every morning has greatly impacted my demeanor at work, and for the remainder of the day as well.

That sounds like a pretty good start of the day for those who are religious.

(May 9, 2026 07:37 PM)Andy Walker Wrote: [\[CITE\]](#) Reading. That has really improved my mood and made the long days at work less heavy.

I'm glad you were able to get into reading I can't I need to get my entertainment from tv shows or movies or watching informational videos.

(May 9, 2026 08:15 PM)Yin Yang Wrote: [\[CITE\]](#) Good ole Diet Coke and some monster zero ?

(May 9, 2026 08:57 PM)Mercury Wrote: [\[CITE\]](#) As of recently I've been staying with family for medical reasons. At first it was boring as hell being that most of my belongings are still at my house. I went on Ebay a few weeks ago and purchased a pre owned Lenovo Thinkpad E580 and let me tell you, this thing has been a game changer for me. I get so tired of screwing around on my phone so this thing flipped the script for me for sure.

Sorry to hear about the medical issues but I'm glad a laptop is bringing to joy in hard times.

(May 10, 2026 12:44 AM)Edmond Dantes Wrote: [\[CITE\]](#) Getting to sleep on my own bed after 1 year. Feels amazing :)

Were you in prison?

DAL-SHA - May 10, 2026, 3:32 am

Sir , just from reading the title of this thread , the answer already came up to my head !

For me , its some 1 calling to checking up on me , that all it takes to make my day better ! Nothing more nothing less !

Edmond Dantes - May 10, 2026, 4:08 am

(May 10, 2026 03:15 AM)Sift Wrote: [\[CITE\]](#) That's a very good thing I did whole year of drinking and partying at one point and got sick off it now I drink 2-3 times a year usually if im traveling to other countries.

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Were you in prison?
something similar

m0hx - May 10, 2026, 4:29 am

[Deany](#) 's pepe tiny, and it made my day just a lil better.

Eran - May 10, 2026, 4:40 am

Haven't had many lately to be honest, however with summer coming means amazing events and new opportunities so, there's that .:)

RangoWorld - May 10, 2026, 7:07 am

Not drinking coffee as soon as I wake up or just before I sleep. That has helped.

Wormag - May 10, 2026, 7:56 am

(May 10, 2026 07:07 AM)RangoWorld Wrote: [\[CITE\]](#) Not drinking coffee as soon as I wake up or just before I sleep. That has helped.

I wish I could get the same kick from coffee that other people do.

I just never get any stim effect from it, can drink it before bed and fall asleep just fine, I've considered it might be undiagnosed ADHD but I don't know, I doubt it?

csolution - May 11, 2026, 11:11 am

(May 10, 2026 07:07 AM)RangoWorld Wrote: [\[CITE\]](#) Not drinking coffee as soon as I wake up or just before I sleep. That has helped.

mag glycinate is the play before sleep

RangoWorld - May 11, 2026, 1:19 pm

(May 11, 2026 11:11 AM)csolution Wrote: [\[CITE\]](#) mag glycinate is the play before sleep

What does it do? Do you take it as a pill before sleep every night? I'd like to know more

Wormag - May 12, 2026, 6:11 am

Waking up not feeling like shit like most days is a boon for me. Haven't been able to get enough

REM sleep lately so I wake up feeling groggy and as if I just hibernated for 6 months straight. I often wake up more tired and then I went to sleep which sucks.

Codexpal77 - May 18, 2026, 5:16 pm

Walking around track today and found two different lady bugs hidden in the grass. Win for spotting the small things in life.

Dennis - May 19, 2026, 11:02 am

My second daughter was born. At only 49 cm, she's absolutely tiny. :)

avielderich - May 19, 2026, 11:15 am

Drinking beer

Hackers - May 19, 2026, 11:36 am

Black coffee > milk & sugar filled drinks

8 hours of sleep > 6 or less hours

Impress coworkers with tech > Impress randoms online

Spend time with fam > Spend time online

Start a garden > buy veggies from the store

Not care about strangers' opinions > caring about strangers' opinions.

These small tweaks can be life-changing, without them feeling like drastic changes.

Edmond Dantes - May 19, 2026, 12:57 pm

(May 19, 2026 11:02 AM)Dennis Wrote: [\[CITE\]](#) My second daughter was born. At only 49 cm, she's absolutely tiny. :)

Congrats dude ! Wishing all the happiness to her and your family :)

Weekend Offender - May 19, 2026, 3:42 pm

Was doubting that there was much Decent folks left in this world and a notification popped ? loading encrypted image... One of your fellow Brotherhood members kindly donated a few hundred bytes so i could flipsome <3 Like the smallest of token but the whole giving it to me made it 1000x its value! Thanks @Wake

Dboi2 - May 19, 2026, 7:20 pm

Been in love :)

Sift - September 12, 2026, 11:38 am

(May 19, 2026 11:02 AM)Dennis Wrote: [\[CITE\]](#) My second daughter was born. At only 49 cm, she's absolutely tiny. :)

Sounds like one of the most amazing feelings one can experience.

Congratulations.

XtremeDiscount - September 12, 2026, 1:06 pm

Getting customers on my website

m1000 - September 19, 2026, 4:53 am

I like to make sure I get that 2nd cup of coffee in the morning, without the rush of getting ready.

junooo - September 20, 2026, 8:00 am

Getting a dryer. I used to hang my wet clothes for years and only last year did I get a dryer. I am not the same as I was before. The only thing I need right now is dishwasher, but my rental won't let me install one.

Raijin - September 20, 2026, 10:44 am

(May 9, 2026 04:07 PM)Deany Wrote: [\[CITE\]](#) Drinking a Dr. Pepper. Makes my day instantly better lol

I used to like Dr. Pepper when I was a kid. Not anymore.

Sift - September 20, 2026, 10:51 am

(Sep 20, 2026 08:00 AM)junooo Wrote: [\[CITE\]](#) Getting a dryer. I used to hang my wet clothes for years and only last year did I get a dryer. I am not the same as I was before. The only thing I need right now is dishwasher, but my rental won't let me install one.

Man I can't dry my clothes with drier always shrinks.

junooo - September 20, 2026, 12:53 pm

(Sep 20, 2026 10:51 AM)Sift Wrote: [\[CITE\]](#) Man I can't dry my clothes with drier always shrinks.

You can put almost anything in the dryer, just never ever put wool, leather or spandex in there. Always on a low heat!! I usually leave all my gym stuff out to dry because its easy. Low heat is the way to go. And drying them outside when the weather allows it ofcourse!!

Sift - September 20, 2026, 2:09 pm

(Sep 20, 2026 12:53 PM)junooo Wrote: [\[CITE\]](#) You can put almost anything in the dryer, just never ever put wool, leather or spandex in there. Always on a low heat!! I usually leave all my gym stuff out to dry because its easy. Low heat is the way to go. And drying them outside when the weather allows it ofcourse!!

In my experience it shrinks my clothes do I rather just dry it the old way.

junooo - September 20, 2026, 2:38 pm

(Sep 20, 2026 02:09 PM)Sift Wrote: [\[CITE\]](#) In my experience it shrinks my clothes do I rather just dry it the old way.

Just eat less and get old, you'll fit in it again eventually <3