

**WAKE UP 15
EARLIER
TOMORROW AND
USE THIS TIME TO
DISCOVER
SOMETHING NEW
AROUND YOU!**



**REFRESH YOUR
BODY AND MIND!
TAKE A COLD
SHOWER TODAY!**



**EXERCISE YOUR
BRAIN!
PLAY A BRAIN
CHALLENGE GAME
TODAY OR SOLVE A
SUDOKU.**



**BREATHE!
TAKE 10 DEEP
BREATHS TODAY
AFTER GETTING UP
AND BEFORE
GOING TO SLEEP.**



**PRACTICE
PATIENCE!
TAKE YOUR TIME
AND TRY TO DO
SOMETHING
WITHOUT GOING
THROUGH IT IN A
RUSH.**



**MAKE A VISION
BOARD WITH
PICTURES AND
QUOTES THAT
INSPIRES YOU!**



**WATER IS LIFE!
DRINK AT LEAST
8-10 GLASSES OF
WATER TODAY!**



**MAKE A LIST OF
THINGS THAT
MAKE YOU HAPPY
AND DO AT LEAST
ONE THING FROM
THAT LIST TODAY.**



**CHALLENGE YOUR
CREATIVITY!
DRAW SOMETHING,
COLOR A PICTURE
OR PAINT A ROCK
AND GIVE IT AS A
PRESENT TO
SOMEONE YOU
CARE ABOUT.**



**EXPRESS
GRATITUDE! WRITE
A POEM TO YOUR
MUSE: YOURSELF!**



**CREATE MAGIC!
LEARN A
(CARD)MAGIC
TRICK AND SHOW
IT!**



**DEDICATE 30 MIN
TO LEARN A NEW
LANGUAGE!
YOU MAY FIND
SOME HELP
AROUND YOU!**



**BE AN
INSPIRATION!
PUBLISH A POST
TODAY, SHARE
HOW YOU ARE
FEELING AND
INSPIRE OTHERS.**



**BE HEALTHY!
EAT RAW FRUITS
OR VEGETABLES AT
LEAST 5 TIMES
TODAY!**



**STOP
COMPLAINING!
GIVE IT A TRY AND
STOP YOURSELF
SEEING NEGATIVE
ASPECTS OF
THINGS.**



**ASK 5 PEOPLE
WHAT MAKES
THEM HAPPIER
THAN ANYTHING
ELSE.**



**DO SOMETHING
SPONTANEOUS OR
OUT OF THE
ORDINARY.**



**EXERCISE!
INITIATE A
MORNING YOGA
SESSION AND
INVITE OTHER
PARTICIPANTS TOO.**



**BE POSITIVE!
SAY HELLO TO
EVERY PERSON YOU
WALK BY TODAY.**



**SEND A THANK YOU
NOTE TO SOMEONE
WHO DID
SOMETHING NICE
TO YOU.**



**INVITE A
CO-WORKER OR
ANOTHER
PARTICIPANT TO
HAVE A COFFEE OR
TEA WITH YOU.**



**MAKE
COMPLIMENTS TO
AT LEAST 5 OTHER
PEOPLE.**



**BE KIND TO
YOURSELF!
PRACTICE USING
KIND WORDS WITH
YOURSELF!**



**TURN OFF
ELECTRONICS AT 8
PM.
TRY TO CONVINCE
OTHERS TO SHARE
"NO ELECTRICITY"
MOMENTS WITH
YOU.**



**TAKE A POWER
NAP DURING THE
LUNCH BREAK!**



**APPRECIATE
KINDNESS!
WRITE A THANK
YOU NOTE TO
YOURSELF AND
SOMEONE ELSE.**



**WRITE DOWN
SOMETHING THAT
MADE YOU FEEL
PROUD AND SHARE
IT WITH SOMEONE!**



**LISTEN TO A
GUIDED
RELAXATION!**



**WRITE DOWN YOUR
NEGATIVE
THOUGHTS AND
BURN THEM.**



**LOOK IN THE
MIRROR AND SAY
OUT LOUD WHAT
YOU LOVE ABOUT
YOUR BODY.**



**TIDY UP!
CLEAN SOMETHING
AROUND YOU!**



**CREATE A LIST OF
BOOKS YOU WANT
TO READ, MOVIES
YOU WANT TO SEE.**



**WRITE AN EMAIL
TO YOURSELF WITH
ALL YOUR IDEAS
AND READ IT
EVERY MONTH.**



**RESEARCH
SOMEONE WHO
INSPIRES YOU.**



**SET 15 MINUTES
ASIDE TODAY TO
DO ABSOLUTELY
NOTHING.**



**SPARE SOME TIME
TO SIT IN NATURE.**



**WRITE A LETTER TO
SOMEONE!**



**TEXT A FRIEND
AND LET THEM
KNOW WHY THEY
MATTER TO YOU.**



**WATCH THE
SUNSET OR THE
SUNRISE!**



**WRITE DOWN ONE
THING THAT MADE
YOU LAUGH TODAY!**



**TAKE CARE OF
YOUR BODY!
GIVE YOURSELF A
HAND AND FOOT
MASSAGE!**



**LEARN SOMETHING
NEW!
WATCH A TED TALK
ON A TOPIC YOU
ARE INTERESTED
IN.**



NO SUGAR. THAT'S ABOUT IT. NO-SUGAR DAY IT IS.



FIGHT WITH YOUR FEARS/PHOBIAS. PICK ONE FEAR/PHOBIA THAT YOU HAVE AND TAKE THAT FIRST STEP TODAY TO WORK ON IT.



REMOVE A BAD HABIT. PICK A BAD HABIT THAT YOU HAVE AND COMMIT TODAY TO MAKE THAT CHANGE.



BE MORE ACTIVE PHYSICALLY! TAKE AT LEAST 10,000 STEPS TODAY.



BE MINDFUL AND LIVE IN THE PRESENT MOMENT IN ANYTHING YOU ARE DOING TODAY.



CALL A FAMILY MEMBER OR CLOSE FRIEND YOU HAVEN'T SPOKEN TO IN A WHILE.



THROW A PARTY TONIGHT WHICH ACCOMMODATES YOU AND EVERYONE ELSE.



CREATE A PLAYLIST OF SONGS THAT MAKE YOU FEEL GOOD. LISTEN TO AT LEAST 15 MINUTES OF MUSIC TODAY.



CLEAR YOUR MIND! MEDITATE FOR 15 MINUTES.



BECOME AN EARLY RISER. WAKE UP AN HOUR EARLIER TOMORROW AND HAVE A WALK.

PLAY

UNPLUG AND REDUCE SCREEN TIME. CONNECT WITH THE PEOPLE AROUND YOU AND LEAVE THE PHONE IN YOUR ROOM FOR A DAY.

PLAY

SPEND SOME TIME IN THE SUNSHINE (OUTSIDE). VITAMIN D IS ESSENTIAL FOR YOUR HEALTH.

PLAY

TAKE A RISK TODAY! RISKS CAN OPEN A DOOR TO OPPORTUNITIES, DO NOT MISS YOUR CHANCE.

PLAY

PRACTICE GRATITUDE. START A GRATITUDE JOURNAL AND WRITE DOWN AT LEAST 3 THINGS YOU ARE GRATEFUL FOR EVERY EVENING.

PLAY

APPRECIATE WHAT YOU'VE GOT BEFORE IT'S GONE. BEFORE SLEEPING COUNT 10 THINGS WHICH HAPPENED DURING THE DAY, FOR WHICH YOU ARE GRATEFUL.

PLAY

EXPLORE A PLACE THAT YOU HAVE NEVER BEEN TO BEFORE. SPEND AT LEAST 15 MINUTES THERE AND DISCOVER AS MANY DETAILS AS YOU CAN.

PLAY

SLEEP CHALLENGE TO HAVE ADEQUATE AND QUALITY SLEEP. SET A BEDTIME AND SLEEP AT LEAST 8 HOURS TONIGHT!

PLAY

COLLECT SMILES! BE THE FIRST TO SMILE AND BRING A SMILE ON TO OTHERS' FACES.

PLAY

