



| | | | | | | |
|--|---|--|---|---|---|---|
| DAY 1: Go for a walk outside for 30 minutes. | DAY 2: Write down 3 great things that happened today. | DAY 3: Go to bed 30 minutes earlier than normal. | DAY 4: Go vegan for a day! | DAY 5: Write a letter to yourself explaining why you are unique | DAY 6: Take a long bubble bath. | DAY 7: Go through your phone and organize your apps. |
| DAY 8: Keep all 3 meals today phone free. | DAY 9: Meditate for 5 minutes and focus on your breath. | DAY 10: Wake up 30 minutes earlier today. | DAY 11: Try a new workout you have never done before. | DAY 12: No social media before noon today. | DAY 13: Clean out your inbox and sort your email into folders. | DAY 14: Have a phone free night with family / loved ones. |
| DAY 15: Unsubscribe from unwanted email marketing. | DAY 16: Unfollow people on social media that don't inspire you. | DAY 17: No TV day! | DAY 18: Read a book for 45 minutes. | DAY 19: Put on your fav song and dance like no one's watching. | DAY 20: Write in a journal for 15 minutes about things that no longer deserve your attention. | DAY 21: Treat yourself to an in-home spa day – pamper yourself! |