



DAILY CHECKLIST



SHUT OFF TECHNOLOGY
AFTER 9 PM



GO TO BED AT 10PM



WAKE UP AT 7 AM



ANSWER 3
REFLECTION
QUESTIONS



LAY OUT CLOTHES



WRITE TO-DO LIST



LIST 4 THINGS OF
GRATITUDE



MAKE BED



DRINK 8 GLASSES OF
WATER



MEDITATE



DAILY CHECKLIST



PUT SUNSCREEN ON



EXERCISE FOR 20 MINUTES



STRETCH FOR 10 MINUTES



NO PHONE DURING DINNER



READ FOR 10 MINUTES



10 PUSH-UPS



TEXT OR CALL TO SAY THANK YOU



LIMIT ADDED SUGAR



FLOSS



COMPLIMENT SOMEONE



DAILY CHECKLIST



DON'T CURSE



DONATE TO CHARITY



WASH THE DISHES



NO SOCIAL MEDIA



NO TV



GET RID OF AN ITEM
OF CLOTHING



ORGANIZE A DRAWER



CALL A FAMILY MEMBER



WRITE A LETTER



JOURNAL HOW THE
CHALLENGE WENT