WEEKS 1&2

Set an intention for the day	
Drink water	
Move for at least 20 mins	
Smile	
Eat mindfully	
Say "Please"and "Thank You"	
Get some sleep	

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Move for at least 20 mins	
Smile	
Eat mindfully	
Say "Please"and "Thank You"	
Get some sleep	

WEEKS 3&4

Set an intention for the day	
Drink water	
Move for at least 20 mins	
Smile	
Eat mindfully	
Say "Please"and "Thank You"	
Get some sleep	
Compliment yourself	
Stretch for 10 mins	
Smile	
Listen to a favorite song	
Eat a piece of fruit	
Hold the door for someone	
Meditate for 5 minutes	

WEEKS 3&4

Set an intention for the day	
Drink water	
Move for at least 20 mins	
Smile	
Eat mindfully	
Say "Please"and "Thank You"	
Get some sleep	
Compliment yourself	
Stretch for 10 mins	
Smile	
Listen to a favorite song	
Eat a piece of fruit	
Hold the door for someone	
Meditate for 5 minutes	

WEEKS 3&4

Set an intention for the day	
Drink water	
Move for at least 20 mins	
Smile	
Eat mindfully	
Say "Please"and "Thank You"	
Get some sleep	
Compliment yourself	
Stretch for 10 mins	
Smile	
Listen to a favorite song	
Eat a piece of fruit	
Hold the door for someone	
Meditate for 5 minutes	

WEEKS 3&4

Set an intention for the day	
Drink water	
Move for at least 20 mins	
Smile	
Eat mindfully	
Say "Please"and "Thank You"	
Get some sleep	
Compliment yourself	
Stretch for 10 mins	
Smile	
Listen to a favorite song	
Eat a piece of fruit	
Hold the door for someone	
Meditate for 5 minutes	

WEEKS 3&4

Set an intention for the day	
Drink water	
Move for at least 20 mins	
Smile	
Eat mindfully	
Say "Please"and "Thank You"	
Get some sleep	
Compliment yourself	
Stretch for 10 mins	
Smile	
Listen to a favorite song	
Eat a piece of fruit	
Hold the door for someone	
Meditate for 5 minutes	

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Listen to a favorite song	
Eat a piece of fruit	
Hold the door for someone	
Meditate for 5 minutes	

WEEKS 5&6

Set an intention for the day		Compliment yourself
Drink water		Stretch for 5 mins
Move for at least 20 i	mins	Smile
Smile		Listen to a favorite song
Eat mindfully		Eat some fruit
Say "Please"and "Thank You"		Hold the door for someone
Get some sleep		Meditate for 5 minutes
	Compliment sor	meone else
	Breathe deeply	for 10 breaths
	Get outside for	10 minutes
	Watch 5 mins of	f funny content
	Eat some veget	ables
	Donate/toss 1 it	tem from home
	List 3 things you	u're grateful for

WEEKS 5&6

Set an intention for th	ne day	Compliment yourself
Drink water		Stretch for 5 mins
Move for at least 20 i	mins	Smile
Smile		Listen to a favorite song
Eat mindfully		Eat some fruit
Say "Please"and "Tha	ank You"	Hold the door for someone
Get some sleep		Meditate for 5 minutes
	Compliment som	eone else
	Breathe deeply for	or 10 breaths
Get outside for 10 n		O minutes
	Watch 5 mins of	funny content
	Eat some vegeta	bles
	Donate/toss 1 ite	em from home
	List 3 things you'	re grateful for

WEEKS 5&6

Set an intention for the day			Compliment yours	elf
Drink water			Stretch for 5 mins	
Move for at least 20 i	mins		Smile	
Smile			Listen to a favorite song	
Eat mindfully			Eat some fruit	
Say "Please"and "Thank You"			Hold the door for someone	
Get some sleep			Meditate for 5 minutes	
Compliment s		someo	ne else	
	Breathe deeply for 1		0 breaths	
	Get outside for 10 m		ninutes	
	Watch 5 mins of fun		ny content	
	Eat some vegetable		s	
	Donate/toss 1 item		from home	
	List 3 things	you're	grateful for	

WEEKS 5&6

Set an intention for th	ne day	Compliment yourself	
Drink water		Stretch for 5 mins	
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Smile		Listen to a favorite song	
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