

THE WONDROUS

EXPANSE

4 Week Positivity Challenge!



WEEK 1 START OFF STRONG!

Day 1

Write yourself a letter of changes you **hope** to see after your challenge.

Day 2

Go on a 5 minute walk in the **morning** before starting your day.

Day 3

Listen to your **power** song at lunch as an afternoon pick-me-up.

Day 4

Take the time to stretch, smile and **make your bed** this morning.

Day 5

Take 5 minutes for **silence**, and focus on your breathing.

Day 6

Write down a positive **affirmation** about an aspect of yourself you love!

Day 7

Do something small for a stranger (i.e. holding the door)

