

WEEK 2

PUSH YOURSELF A BIT MORE!



Day 8

Smile at someone and say hello!

Day 9

Go for a 10 minute **walk** around your neighborhood.

Day 10

Bake something. Anything. Cookies, brownies, cupcakes. Then **share** them!

Day 11

Give out 3 compliments to strangers. It might make their day!

Day 12

Journal about something **positive** in your life.

Day 13

Make **plans** with a friend or family member to catch up. (Skype counts, too!)

Day 14

Write down your **favorite quote** somewhere you'll see it every day.



one of my favorites!

