

WEEK 3

ALMOST THERE! (KEEP IT UP!) DOING GREAT. KEEP IT UP!



Day 15

Clear the clutter: unfollow accounts on social media that make you anxious.

Day 16

Go for a 15 minute walk or run to **start** your day!

Day 17

Try making casual **conversation** with a stranger while in line somewhere.

Day 18

Tell someone that you know has been working hard that they are doing **great!**

Day 19

Try something **different**: go to a new restaurant or find a new workout.

Day 20

Learn something new: if something piques your interest, research more!

Day 21

Take a picture of something you find **beautiful** today.

