

WEEK 4

THE FINAL COUNTDOWN



Day 22

Send someone **special** a "Good morning!" or "Have a great day!" text!

Day 23

Go for a 20 minute walk or run. Play your favorite songs or podcast!

Day 24

Watch an episode of documentary that interests you.

Day 25

Send some **encouragement** to someone you know could use it.

Day 26

Find a cause that interests you and find out how you could **get involved**.

Day 27

Pick one challenge you really enjoyed doing from each week, and do them!

Day 28

Open the letter you wrote to yourself on Day 1. **Self-reflect** on the changes you made!

YOU DID IT!

