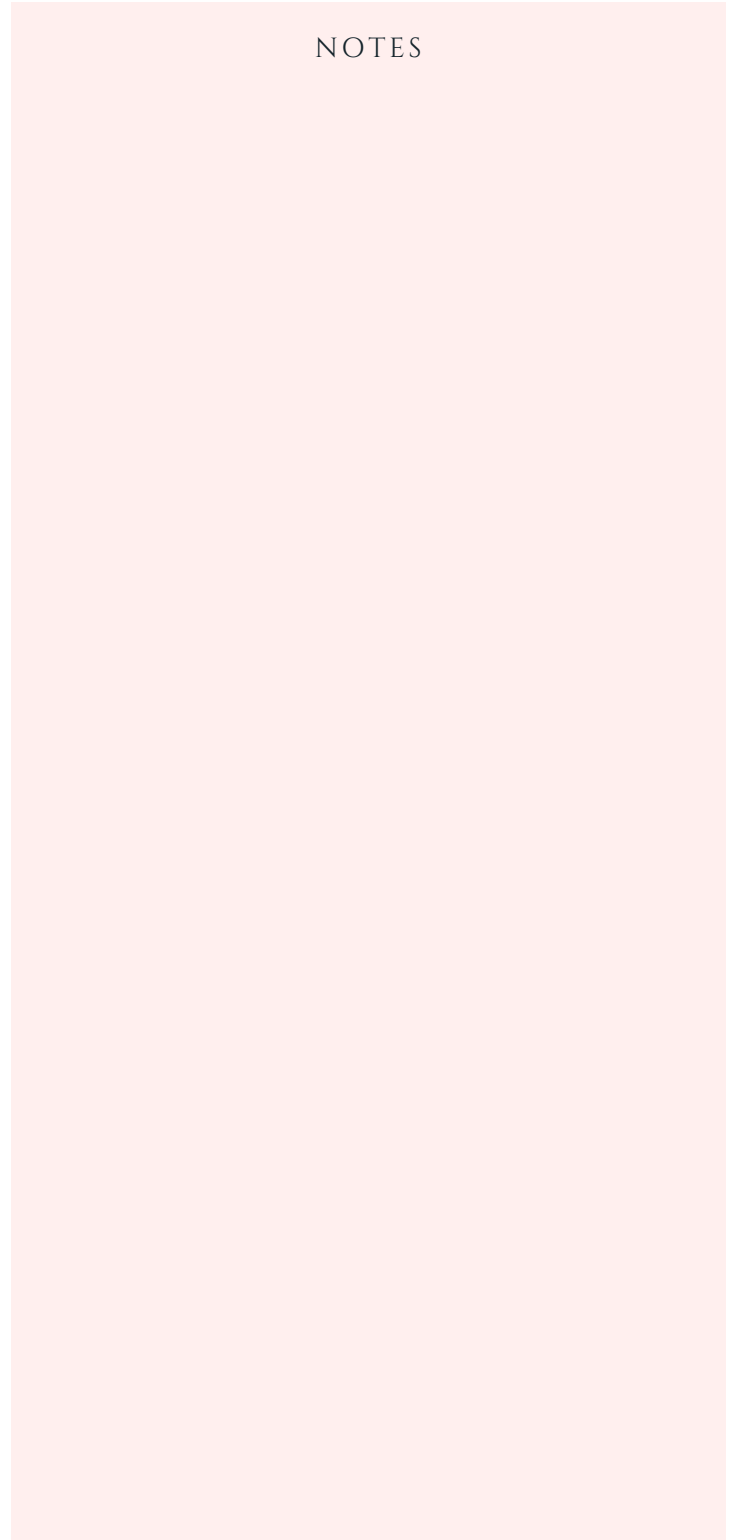


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- Meditate
- Put sunscreen on
- Exercise
- Stretch
- No phone during dinner
- Read for 10 minutes
- 10 Push-ups
- Text/call/write thank you
- Limit added sugar
- Floss
- Compliment someone
- Donate to charity
- Don't curse
- Wash the dishes
- No social media
- No TV
- Get rid of clothing
- Organize drawer
- Call family
- Write a letter
- Journal

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A large, empty rectangular area with a light pink background, intended for writing notes related to the challenge.

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Wake up at 7 AM



Reflection Questions



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