



Challenge

Write down 1 thing you're really good at.	Find 3 positive ways to describe yourself, write them down and put them somewhere you will see them.	Take a photo of something you find beautiful. Post it to social media.	If something frustrates you today, take a moment to reframe and find something that is going your way.	Take 2 minutes to list the awesome things your body can do, and remember them when you're feeling down.
Rename your alarm to a nice message, like "The universe has your back," to help you start the day in a positive frame of mind.	Think of something about your body that you consider less than perfect. Then, write a little note of appreciation about it.	Look for someone to help today without expecting anything in return.	Reach out to someone who could use some extra appreciation.	Think of someone who makes your day better and invite them to lunch.
Write a note of appreciation to someone you really care about.	Offer a hug to someone you're grateful for. Make it a genuine two-armed!	Text someone and tell them why you're grateful for them.	Write down what you've eaten today and be grateful for every item without judging any of it as "good" or "bad."	Next time life doesn't go your way, try to think of something about the situation that you can be grateful for.
Take a moment to invite someone you're thankful for to dinner.	Pause before your next meal to sit in gratitude. Notice how yummy it looks and smells, and feel grateful to the person who prepared it.	Think of someone whose cooking warms your soul and tell them how much their nourishment has meant to you.	During your next meal, try to put your fork down between each bite and really enjoy the flavors, rather than wolfing it down.	Schedule some time to volunteer in your community.